



Recipes
and
Menus

“NATIONAL”
PRESSURE COOKER

ALSO
SIMULTANEOUS COOKING



Cooks an entire meal in 15 minutes

Northwestern Steel & Iron Works

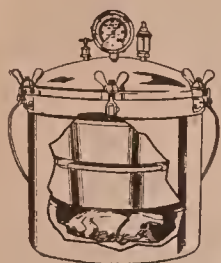
Eau Claire, Wisconsin, U. S. A.

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The Cooker will cook a meal in 15 minutes

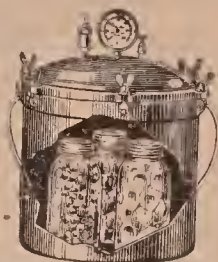


"The kitchen is the home food factory and the best scientific methods are none too good for it." Anne Lewis Pierce, Director, Tribune Institute.—*New York Tribune*, Sunday, May 1, 1921.



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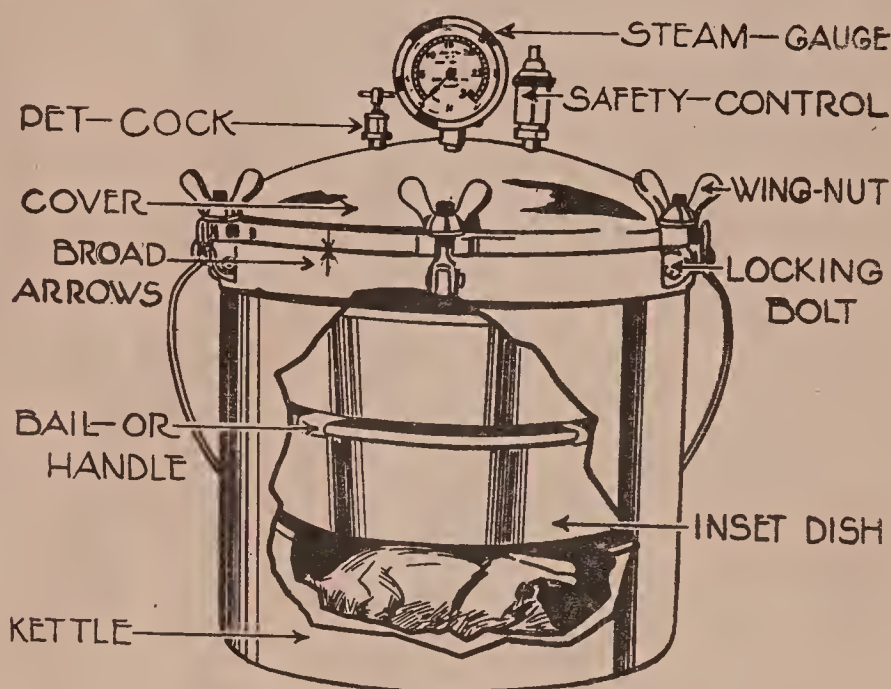
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General Description of the Cooker and Its Parts

Before beginning to use the Cooker and the recipes specially prepared for it, it will be worth while to know something about the Cooker and its parts. Let us start with the body of the kettle. It is made of pure Aluminum cast all in one piece, without joint or seam. Over sixty thousand of these have been made and are in use in different parts of the United States; also in the most distant parts of the world.



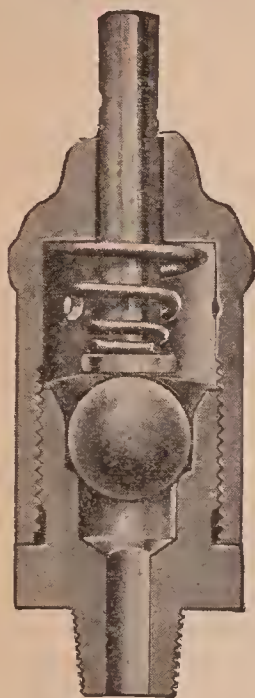
This Aluminum Casting is made strongly enough to last a life-time of ordinary use, three times a day. The bottom is thick enough so that a most careless domestic will not scrape a hole in it. Note the reinforced fillet at the curve of the bottom, providing ample strength to withstand all ordinary steam pressure and giving a perfectly smooth curved corner surface, so easy to clean. Note the band around the top of the kettle, all one piece in the casting, therefore, it can never get loose, expand nor break, while it provides strength around the rim so that the inside edge can be accurately machined for an air tight and steam tight joint when the cover is placed properly in position.

The lugs on the band provide for the locking bolts, which are riveted on. These locking bolts are made of brass and nickel plated, so that

under no circumstances can they be weakened by rust. To the locking bolts are screwed the wing nuts, made in this shape for convenience in handling. We desired to have a design so simple that the housewife can quickly tighten the cover with her fingers, making the use of a wrench unnecessary.

The cover is made of pure aluminum and hardened. Note the carefully machined edge, made to fit snugly, producing a steam-tight joint, when properly fastened in position without using rubber or other obnoxious packing. Two wooden handles or knobs are fastened to the cover, so that it may be handled easily even when hot.

The Locking Bolts and Wing Nuts are made of rolled and hardened brass, nickel-plated and polished, every piece thoroughly tested.



The Pressure Control Valve is automatic in action, preventing a too high pressure. Cooking is usually done at 15 pounds pressure. See directions page 10. The Pressure Control consists of a cap, base, pin, ball and spring. The cut-out design herewith shows how the parts are put together. The ball resting in the socket over the steam vent. The pin resting on the ball. The spring slipped over the pin, small end down. The cap holding all in place.

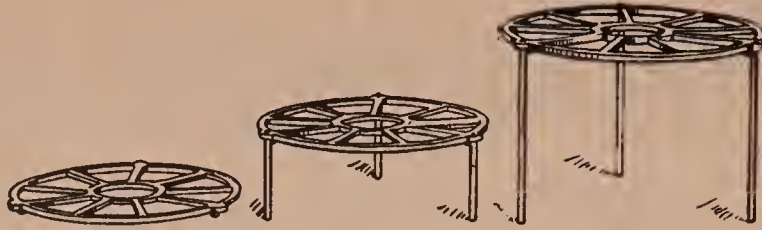
Wash these parts after using to secure not only the cleanliness desired by good housekeepers, but also to get accurate results with the Cooker.



Petcock.—Made from solid brass rod. This is designed by our Engineers so as to be easily operated, with the vents so placed that when the petcock is open the steam is allowed to escape horizontally. Nickel-plated and polished.

Steam Gauge within the nickeled case. There is an open face dial whereon both temperature and steam pressure are registered. All figures are plainly marked so that the indicator record is easily read.





Aluminum rack with pins. This is a solid cast aluminum rack, and designed specially for use in the Cooker. The pins are made of hardened steel in two sizes, thus permitting the rack to be used in three positions according to the requirements of the housewife.



ALUMINUM INSET DISHES



BAIL



LIFTERS

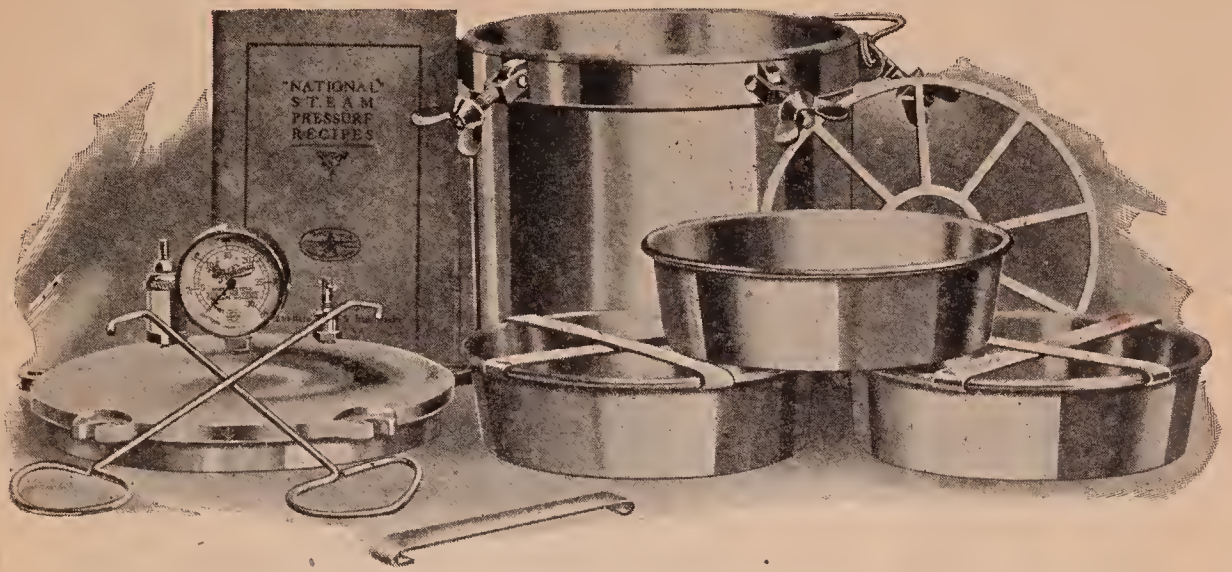
Inset Dishes. These are made of Rolled Aluminum Plate especially manufactured for the Cooker and made in four sizes.

Size	Diam.	Height	Capacity	Number
10 qt.	8½ in.	2¼ in.	2 quarts	310
12 qt.	9¼ in.	2¾ in.	3 quarts	312
17 qt.	11 in.	3½ in.	4 quarts	317
25 qt.	12 in.	3½ in.	5 quarts	325

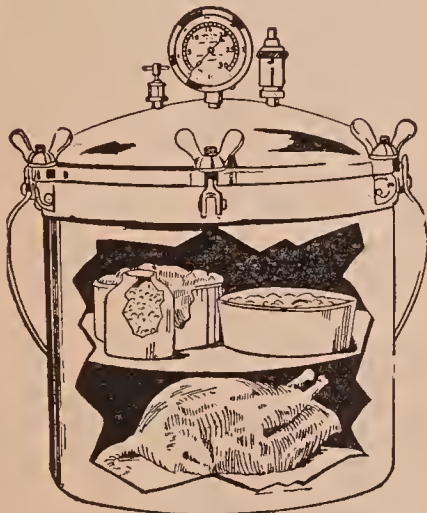
Adjustable Bails or handles for Inset Dishes. These are made of hardened sheet aluminum and of exactly the right length for the Inset Dishes. The most convenient way is to place two bails at right angles, slipping them over the rolled edge of the dish.

Lifters. Made of polished steel, hardened. For convenience in lifting the dishes out of the Cooker, the handles are so adjusted as to prevent user's hands being burned.

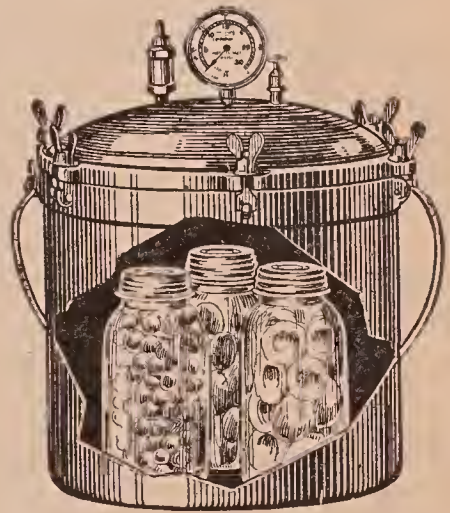




THE COOKER WITH ITS COMPLETE EQUIPMENT, showing the Recipe Book, Aluminum Rack, three Dishes, five Bails or Cross Bars and pair of Lifters.



THE ENTIRE MEAL READY TO SERVE IN 30 MINUTES



THE U. S. COLD PACK METHOD OF CANNING

THE MOST COMPLETE COOKER EVER MADE FOR STEAMING, BOILING, BAKING AND ROASTING.

Directions for Using the Cooker

The Cooker is a simple household utensil easy to use. It has been tested in more than sixty thousand homes and found to be of the greatest daily service. It can be used for steaming, boiling, baking, roasting and frying. Any type of cooking may be done in a Pressure Cooker that can be done in any other cooking method except broiling, which is done directly over a flame.

Before attempting to do any cooking with the new utensil, it is well to become acquainted with it. Read the description of the various parts on pages 3-4. To make a trial of the Cooker proceed as follows:

Place the Cooker on the stove, putting the Aluminum Rack in place in the bottom, pouring in enough water to cover the bottom and up to the top of the Rack. As no steam is allowed to escape during the cooking period, this small quantity of water is sufficient. Place the cover of the Cooker in position, being careful that the *broad arrow mark on the edge of cover connects with the similar mark on the band around the kettle*. Fasten the cover in position, screwing the wing nuts on the bolts, tightening them alternately around the cover so that it may be in place evenly all around to form an air tight and steam tight joint.

Turn up the flame under the Cooker, making sure that the Pressure Control Valve is closed. The Petcock is to be closed as soon as steam begins to issue from it, indicating that cold air has been driven out.

When cooking at a high altitude both Pressure Control Valve and Petcock must be closed as soon as the Cooker is placed on the heat. This will develop steam quickly. When the indicator on the dial begins to move upward, open the Petcock to release the cold air within the Cooker, then close it as soon as the steam is seen coming out.

If the cover has been properly fastened, no steam will escape around the cover and pressure of 15 pounds should be shown by indicator on the dial, within 12 minutes from starting the trial. If hot water has been used, hardly more than 5 minutes is required to secure 15 pounds pressure, which is the proper cooking pressure for most foods. When 15 pounds pressure is shown on the dial, the flame may be reduced to almost a pin point to save fuel, or if the Cooker is being used on a coal range or a wood stove, it may be pushed back from the intense heat.

Should the indicator on the dial continue to rise, reduce heat, gas flame to a pin point or open the petcock to release and reduce the steam pressure, thus maintaining it at the point required in the recipe.

When the cooking period is completed, there are two ways of reducing the pressure before opening the cover, (a) by unscrewing the petcock, thus allowing the steam to escape; (b) by condensation, or allowing the cooker to cool slowly without opening the petcock. As the steam is released, the indicator on the dial will gradually return to zero. As soon as the steam is all out, open the petcock to overcome the vacuum, then the Cooker may be opened by unscrewing the wing nuts and the dishes removed.

When the operator has followed these simple directions, she will be familiar with the Cooker and realize how useful it may be for most cooking operations, especially as three kinds of food may be cooked in separate dishes at the same time without the flavors blending.

A few simple rules may be brought to your attention:

When intending to steam any foods, do not keep the Cooker over the fire without liquid or food in it.

Do not loosen the wing nuts to remove the cover until all the steam pressure has been released, as shown by the indicator on the dial pointing to zero.

The processing or cooking period begins when the indicator on the dial registers the required pressure, keeping it steadily at that point. It is important to maintain a uniform pressure during the cooking period, as designated in the recipes.

After the air has been driven out of the Cooker, close the petcock. This assists in maintaining uniform temperature and pressure within the cooker.

The Cooker passes through many hands before reaching the user, therefore, cleanse it thoroughly with soapsuds and get steam pressure in it before using it to prepare food. This removes all tendency to produce a metallic taste in the food cooked.

After using the Cooker, clean thoroughly, wiping all the fittings dry. Do this before putting it away. Leave the cover off when not in use.

When using the Cooker over a coal or wood fire, always remove stove plate so that cooker may have the full heat until the proper pressure is reached.

The edges of the Cooker and its cover have been carefully machined so that when the cover is screwed down it will fit tight enough to maintain the steam pressure. Do not strike these edges with metal spoon or knife, as this will dent the edge and may prevent the joint from being steam tight.

A few don'ts for the operator:

Don't fail in the cleanliness of all utensils.

Don't fill dishes or utensils too full. They may be filled within one-half inch of the top.

Don't let out the steam too rapidly otherwise the liquid contents may boil over or be drawn out of the dishes.

Don't tighten one wing nut as much as possible before commencing to tighten the others. This causes the cover to close unevenly and prevents the operator securing a steam tight joint. The best way is to close two at a time, starting with the ones opposite to each other.

Don't unscrew the wing nuts after cooking until the indicator on the dial points to zero.

Don't allow the pressure to fluctuate, maintain it evenly at the point required, usually 15 pounds pressure.

Don't put water in cooker when intending to bake or roast.

Don't put the Cooker away with the cover closed up tightly. It is best to leave the cover off altogether when not in use.

The Pressure Control Valve must be taken apart and thoroughly cleaned after it has been used.

Roasting in a Pressure Cooker

Prepare the joints of meat to be roasted in the Cooker in the same manner as for roasting in an ordinary steel oven.

Particular attention is invited to the following directions for using the Pressure Cooker as a roaster:

Put the Pressure Cooker directly over the fire without any water in it, but with the cover in place. When the Cooker is quite hot, add fat and sear the meat on all sides, so as to seal the juices within. When the meat is nicely browned on all sides, add the necessary seasonings. A little less seasoning is needed for meats cooked in a Pressure Cooker because none of the flavors are lost in the roasting.

Leave the meat right on the bottom of the Cooker, but do not add any water. Place the cover in position, fastening it properly by screwing the wing nuts in rotation. Leave petcock open until steam issues from it, then close the petcock and allow the pressure to rise to 15 pounds. Hold it at that point for the desired length of time, allowing 8 to 10 minutes per pound for rare meat or 10 to 15 minutes per pound for the joint of meat to be well done, according to the size of the joint.

When it is desired to roast the meat rare, let the steam off quite slowly by opening the petcock only a little in order not to drain the juices out of the meat. In the case of well done meats, it is better to let the pressure drop slowly without using the petcock. Turn off the heat and allow the Cooker to cool down gradually. In this way the Cooker acts as a fireless cooker, and the heat may be turned off 10 to 15 minutes before the cooking period is complete.

As a rule, roasting in a Pressure Cooker takes about one-third the time that it does in the ordinary oven method. For instance, if 60 minutes are usually allowed to roast a joint of meat in the ordinary steel oven, it will take one-third of that time in the Cooker.

The instructions for frying chops or steaks are the same as for roasting, except that it takes a shorter time, and in these two types of cooking no water is used, use some dripping or cooking oil.

Baking in a Pressure Cooker

An oven is nothing more than a metal box with fire under it.

This is what the Pressure Cooker is when it is placed directly over the heat with the cover in place and no water is used.

When baking, the petcock is *always* left open and thus strictly speaking, the Cooker is utilized simply as an oven. The cook should test the heat on the inside of the Cooker as she would in the ordinary steel oven. One precaution to be taken, is that the cover must be just as hot as the Cooker itself or the biscuit or cake will not brown on the top.

When the Cooker is placed over the heat, put in the rack and on the latter place the empty aluminum Colander inverted or one Inset Dish with cross bars or bails in place. This is intended to raise the food to be baked about one-half way up within the Cooker if only one dish of food is to be baked.

In the next dish place the food to be baked. Put the cover in place, fastening the screws or not, as you please, but *be sure to leave the petcock open*. This allows a circulation of air all around the food being cooked. Do not try to bake more than one dish of food at a time.

Owing to the difference in the various flours used by housekeepers, it is not possible to set forth a schedule of exact periods for baking pies, cakes, biscuits or bread, therefore, it must be left to the individual housekeeper to test the baking in accordance with the particular kind of flour she uses.

Generally speaking, 12 to 15 minutes has been found sufficient for a pan of biscuits or pie, 20 minutes for cakes. The article to be baked should always be in the position of the second Inset Dish. When the baking period is complete, turn off the heat at once and remove the food just as from an ordinary steel oven.

An important point to remember is that the Cooker, being made of aluminum, heats very much more quickly than a steel oven; therefore, be careful not to let the Cooker stand long over the heat without food in it. Ten minutes is usually ample time to get the Cooker hot enough for baking.

Simultaneous Cooking

In order to secure the benefit of the largest money saving in the use of the Cooker, it should be used three times a day. When the housewife realizes that she can prepare a whole meal using only one gas burner and that one turned very low, she begins to understand the true value of the Cooker.

When preparing Simultaneous Menus or combination meals, place the dishes which contain the foods hardest to cook nearest to the bottom of the Cooker, to give them the advantage of the greatest heat. It will be evident that foods cook faster right on the bottom of the Cooker than when placed within the Inset Dishes.

When cooking combination menus of meats, vegetables and dessert, always put the dessert in the middle dish and not in the top unless it is provided with some kind of loose cover.

All measurements used are level, thus a teaspoonful is not heaping, only level full.

These menus have been prepared in a ten quart Cooker. If larger quantities of food are prepared in the larger sizes, the cooking period should be increased a little.

MENU No. 1 To Serve 4 TO COOK 12 MINUTES

VEGETARIAN DINNER

POTATOES — SPINACH — CREAM CARROTS — CUSTARD

FIRST DISH. Peel potatoes and cut lengthwise. Scrape carrots, cut or dice. Place together in inset dish on rack in bottom of Cooker.

SECOND DISH. Custard. To 3 slightly beaten eggs add 2 cups sweet milk, 3 tablespoonsful sugar, pinch salt, 1 teaspoonful vanilla. Place in inset dish next to potatoes and carrots.

THIRD DISH. Wash spinach thoroughly and put in inset dish. Season as desired.

Place warm water in Cooker up to rack. Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 12 minutes at 15 pounds pressure.

Serve carrots with cream or drawn butter sauce.

MENU No. 2 To Serve 5 TO COOK 10 MINUTES

POTATOES — CREAMED ONIONS — COOKED FRUIT

FIRST DISH. Pare potatoes, if large, cut lengthwise, salt and place in colander or dish on the rack.

SECOND DISH. Fresh plums (or other fruit), wash carefully, add one cup water to quart of plums and sugar to suit condition of fruit. Place this dish above potatoes.

THIRD DISH. Prepare onions as for boiling. Cut in sections, season to taste. Place in inset dish with half pint of sweet milk. Place dish over the others.

Place warm water in Cooker up to rack. Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 10 minutes at 15 pounds pressure.

MENU No. 3**To Serve 4****TO COOK 12 MINUTES****BOILED LAKE TROUT — POTATOES — STEWED TOMATOES — APPLE TAPIOCA**

FIRST DISH. Take a well cleaned fish, not over three pounds for short time cooking. After seasoning wrap in fold of cheese-cloth, place in inset dish of Cooker. Pared potatoes may be placed in same dish.

SECOND DISH. Prepare tapioca by soaking with dried fruit or fresh apples as desired in accordance with individual recipes.

THIRD DISH. Prepare tomatoes for stewing, season to taste, add some bread crumbs if desired to thicken.

Place warm water in Cooker up to rack. Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 12 minutes at 15 pounds pressure.

MENU No. 4**To Serve 4****TO COOK 15 MINUTES****HAMBURGER STEAK — SWEET POTATOES AU GRATIN — STEAMED APPLES**

To 1½ pounds lower round (ground) add teaspoonful each salt, chopped onion, lemon juice, a pinch of pepper and nutmeg, 2 tablespoonsful of dripping or fat. Shape into round cakes and roll in flour. Sear both sides on the bottom of Cooker.

FIRST. Place meat cakes on bottom of Cooker with tomato sauce, add also little dripping or cooking oil. Place rack on top.

SECOND. Pare apples. Fill centers with sugar and spice, allowing half cup sugar and ¼ teaspoon of cinnamon or nutmeg to 8 apples.

THIRD. Peel and slice sweet potatoes, place them in buttered dish, salt, pepper and brown sugar to taste. Pour ¼ cup of hot water over potatoes.

Place no water in Cooker. Having the Inset Dishes in position, fasten cover properly. Cook 15 minutes under 15 lbs. pressure.

MENU No. 5**To Serve 4****TO COOK 15 MINUTES****PORK TENDERLOIN — CARROTS — POTATOES — CUSTARD**

After wiping meat, roll in flour and sear on bottom of Cooker on one side.

FIRST. Place 1 lb. of tenderloin on bottom of Cooker, season with salt and pepper and teaspoon of Worcestershire sauce. Add tablespoon of dripping or cooking oil. Put in pared potatoes which have been cut in half. Put rack in over meat and potatoes.

SECOND. Prepare custard in usual way and place dish on top of rack.

THIRD. Scrape carrots, cut in slices, place in inset dish.

Place no water in the Cooker. Having the Inset Dishes in position, fasten cover properly. Cook 15 minutes under 15 pounds pressure.

MENU No. 6**To Serve 6****TO COOK 30 MINUTES****SWISS STEAK — SCALLOPED POTATOES — BROWN BETTY**

Take 3 lbs. round steak, cut thick, rub in half cupful of flour mixed with ¼ teaspoonful each of salt and pepper. Brown the steak on both sides in the bottom of Cooker into which a tablespoonful each of fat and Worcestershire sauce has been placed, also ¼ teaspoonful mustard and salt may be added.

FIRST DISH. Place steak in inset dish without water.

SECOND DISH. Brown Betty. 3 medium sized apples, 1 cup stale bread crumbs, ¼ cup butter, ¼ cup sugar, ½ teaspoon cinnamon, juice and

rind of lemon. Pare, core and slice the apples. Melt the butter and pour it with the lemon juice over the crumbs. Mix the cinnamon, grated lemon rind and sugar together. Butter an inset dish or Pyrex dish. Put in alternate layers of apples and bread crumbs, sprinkling the apples with the sugar mixture and making the last layer of bread crumbs. Water may be added to pudding if desired. Serve with or without sauce. (See Lemon Sauce, page 50).

THIRD DISH. Peel potatoes and cut in cubes. Pour over thin white sauce or dredge each layer with flour and when inset dish is two-thirds full add milk. Season to taste.

Place warm water in Cooker up to rack. Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 30 minutes at 15 pounds pressure.

MENU No. 7 To Serve 5 TO COOK 15 MINUTES

MACARONI WITH CHEESE — CABBAGE — TAPIOCA PUDDING

FIRST DISH. Take macaroni (which has been previously cooked in National Cooker for 10 minutes at 5 pounds pressure), over it pour thin cream sauce (to cover), in which has been stirred a beaten egg and one cup of grated cheese with seasoning to taste.

SECOND DISH. To one quart of milk, add four tablespoonsful of "Minute" Tapioca, warm until chance of lumping is past, stirring meanwhile. Add yolks of two eggs beaten up with half a cup of sugar.

THIRD DISH. Cut the cabbage rather fine and sprinkle with salt. If vinegar is desired with cabbage, add a tablespoonful in the dish.

Place warm water in Cooker up to rack. Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 15 minutes at 5 pounds steam pressure.

MENU No. 8 To Serve 6 TO COOK 20 MINUTES

CHOP SUEY — RICE — DRIED PEACHES

CHOP SUEY. 1 pound pork (pieces from shoulder), 1 pound veal, 1 large onion, 3 tablespoons butter or substitute, 2 cups chopped celery, salt and pepper, 2 cups boiling water. Cut meat in small pieces; sear in butter or substitute in bottom of cooker; add finely sliced onions, salt and pepper, and cook until onions are a light brown. Add boiling water and celery.

FIRST DISH. Place chop suey in inset dish.

SECOND DISH. Place dried peaches in inset dish, cover with cold water, adding sugar to taste and slice of lemon rind if desired.

THIRD DISH. After soaking a cupful of rice for 30 minutes in a quart of water, pour off water, add two teaspoonsful of salt. Place in inset dish with three cups water.

Place warm water in Cooker up to rack. Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 20 minutes at 15 pounds pressure.

MENU No. 9 To Serve 6 TO COOK 20 MINUTES

**PRIME OF BEEF RARE—BROWNED POTATOES—STRING BEANS—
BUTTERED BEETS**

FIRST DISH. Sear 4 pounds prime ribs on one end and sides. Place un-seared end on bottom of Cooker. Season to taste. Add one tablespoon dripping or cooking oil. Lay potatoes around the meat. Place rack on meat.

SECOND DISH. Place inset dish containing string beans which have been salted. Slices of bacon may be placed on top of beans for seasoning, if desired.

THIRD DISH. Place the washed beets in inset dish with $\frac{1}{2}$ cup of water. Leave tail and one inch of top on beets to prevent bleeding. After cooking is completed, plunge beets into cold water for a minute, then peel, chop and season with salt, pepper and butter.

Use no water in Cooker. Having inset dishes in position, fasten cover properly. Cook 20 minutes at 15 pounds pressure.

MENU No. 10 To Serve 4 TO COOK 20 MINUTES

CALF'S LIVER WITH SALT PORK — RUTABAGAS — STEWED PRUNES WITH ORANGES

FIRST DISH. Take $\frac{3}{8}$ pound salt pork and 1 medium sized onion and put them through a meat grinder. Have one pound of calf's liver cut in slices thicker than for frying; arrange liver in inset dish with mixed pork and onions, spread on slices; add pepper and minced parsley and some poultry seasoning, if desired.

SECOND DISH. After thoroughly washing and soaking prunes for several hours before cooking, place them in an inset dish, adding sugar and orange juice (one cup to each pound of prunes). Some fresh pulp of orange may be added after cooking.

THIRD DISH. Cut rutabagas in medium sized pieces. Add salt as desired. Place warm water in Cooker up to rack. Place the Inset dishes within Cooker. Fasten cover properly in position. Cook 20 minutes at 10 pounds pressure.

MENU No. 11 To Serve 6 TO COOK 20 MINUTES

LAMB STEW — POTATOES — WHOLE ONIONS WITH BUTTER

FIRST DISH. Lay rather large, whole potatoes in their jackets on the rack on bottom of the Cooker.

SECOND DISH. Cut two pounds of mutton or lamb into pieces about 2 inches square, stir and brown in hot drippings, add two onions cut in pieces, one carrot diced, a sprig of parsley, bit of bay-leaf, cloves and peppercorns fastened together, 1 cup tomato pulp, salt and pepper and 1 cup of green peas if desired.

THIRD DISH. Salt onions to taste and place in perforated dish over the stew. Place warm water in Cooker up to the rack. Having the dishes in position, fasten cover properly. Cook 20 minutes at 15 pounds pressure.

Release pressure slowly, allowing Cooker to stand over the flame for about 3 minutes so that the heat in the bottom of the Cooker will dry the potatoes and give them a baked flavor. Add butter to hot onions and serve.

MENU No. 12 To Serve 6 TO COOK 35 MINUTES

PRIME RIBS OF BEEF RARE — MASHED POTATOES — CABBAGE WITH BUTTER

FIRST DISH. Take 5 lbs. of Prime Ribs of Beef and sear all but one end. Lay unseared end on bottom of Cooker. Season to taste, but do not add salt. Add one tablespoon dripping or cooking oil. Cook 20 minutes at 15 lbs. pressure. Release steam slowly through the petcock. Remove the cover and salt the meat.

SECOND DISH. Place rack on top of the roast and place on the rack dish of potatoes, which have been peeled and salted.

THIRD DISH. Cut cabbage in quarters and salt it when placing in dish. When placing potatoes, place also the cabbage in the Cooker. Cook the

entire meal for 12 to 15 minutes. If large potatoes have been used, 15 minutes will be needed.

When ready to serve, add butter to cabbage while hot. Mash the potatoes in their own juice.

MENU No. 13

To Serve 5

TO COOK 45 MINUTES

STEAMED HAM — SHELL BEANS — POTATO AND CARROT PUDDING

FIRST DISH. Soak one cottage ham for several hours in cold water. These cottage hams are less expensive and no waste. They usually weigh about two pounds, but need soaking as they contain more salt than the more expensive hams. Make a paste of $\frac{1}{2}$ cup bread crumbs, 2 tablespoons vinegar, $\frac{1}{2}$ teaspoon mustard, 2 tablespoons brown sugar. Rub this paste over the ham and place in inset dish without water.

SECOND DISH. Potato and Carrot Pudding. 2 tablespoons fat, $\frac{1}{2}$ cup grated raw carrot, $\frac{1}{2}$ cup grated raw potato, $\frac{1}{4}$ cup brown sugar, $\frac{1}{2}$ cup seeded raisins, $\frac{1}{4}$ cup nut-meats, 1 egg, $1\frac{1}{2}$ teaspoon baking powder, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{8}$ teaspoon cloves, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{4}$ teaspoon salt, $\frac{3}{4}$ cup flour. Cream the butter, add sugar, beat, add eggs and beat. Add vegetables. Mix and sift baking powder and spices with flour and beat; then add fruit dredged with small part of the flour.

Place water in Cooker. Cook 15 minutes with petcock open, then close petcock and cook 30 minutes. Serve with pudding sauce.

THIRD DISH. Shell Beans. Put 2 cups of beans in an inset dish with $\frac{1}{2}$ cup boiling water. When done, season with butter, salt and pepper. Open Cooker in order to cook beans 30 minutes so that entire menu can be finished at the same time.

MENU No. 14

To Serve 5

TO COOK 45 MINUTES

BEEF STEW WITH DUMPLINGS — MOLDED SPAGHETTI — OLD FASHIONED RICE PUDDING

FIRST DISH. Beef Stew—Dumplings. 2 lbs. beef rump, 2 tablespoons drippings to sear meat, $\frac{1}{2}$ to 1 cup boiling water, $\frac{1}{2}$ small onion, chopped, 1 cup cubed carrots, 2 tablespoons vinegar, 6 cloves, 1 cup diced potatoes, salt and pepper. Prepare vegetables. Cut the meat in small pieces for serving. Sear in drippings on the bottom of the Cooker. Add water, vegetables and seasoning. After beef has cooked 20 minutes, open Cooker and drop dumpling mixture made of a soft biscuit dough, by spoonfuls on top of stew.

Replace cover and steam for 10 minutes with petcock open. Close the petcock and cook for 15 minutes.

SECOND DISH. Old Fashioned Rice Pudding. $\frac{1}{2}$ cup washed rice, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup raisins, 3 cups hot milk. Mix all together and place in inset dish.

THIRD DISH. Break spaghetti into one inch pieces. Parboil five minutes in inset dish. Drain. Pour into custard cups or molds. Pack closely. Fill cups $\frac{1}{4}$ full of hot water.

NOTE:—When Cooker is opened to put in the dumplings, put in the rice pudding and spaghetti also and cook for 25 minutes at 15 pounds pressure.

Pressure Cooker MENUS

Prepared at
MISS FARMER'S SCHOOL OF COOKERY
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PRESSURE COOKER DINNERS

MEMO: Miss Farmer's School of Cookery in Boston is well known all over the United States. Many experiments have been carefully worked out and Pressure Cookers have received a generous endorsement for their excellent service at this well known institution.

MENU No. 15 To Serve 5 TO COOK 30 MINUTES
SHIN OF BEEF STEW WITH VEGETABLES — LETTUCE WITH RUSSIAN DRESSING —
STEAMED RICE AND RAISINS

FIRST DISH. Wipe the thick part of a shin of beef, cut in inch and a half cubes, put in Cooker with 2 tablespoons fat cut in small pieces and cook until well browned. 1 quart boiling water, $\frac{1}{2}$ cup carrots cut in $\frac{1}{2}$ inch cubes and $\frac{1}{2}$ cup turnip cut in $\frac{1}{2}$ inch cubes, 1 onion, sliced, 2 teaspoons salt. Add water to the bones, then cook them in another dish and save this stock for another meal.

SECOND DISH. Place $\frac{3}{4}$ cup washed rice, $\frac{1}{2}$ cup raisins, 1 teaspoon salt, $\frac{1}{4}$ cup sugar and 1 quart hot milk in inset dish.

Place warm water in Cooker up to the rack. Having the dishes in position, fasten cover properly. Cook 30 minutes at 15 pounds pressure.

Serve rice with milk or cream and sugar.

MENU No. 16 To Serve 4 TO COOK 30 MINUTES
STUFFED HAM ROLL — LIMA BEANS WITH TOMATO SAUCE — BAKING POWDER
BISCUITS — STEWED PRUNES WITH CREAM

Wipe one slice of ham cut $\frac{1}{4}$ inch thick. Cover with stuffing made of one cup dry bread crumbs mixed with $\frac{1}{2}$ teaspoon salt, few grains pepper, $\frac{1}{4}$ teaspoon mustard, 1 egg slightly beaten and milk to moisten. Roll up the slice of ham and tie with a strong string. Put in Cooker, surround with 1 cup lima beans which have been soaked for several hours. Pour over 2 cups tomato sauce, cover and cook for 30 minutes at 15 pounds pressure.

Remove ham to platter and surround with beans and sauce.

If prunes are to be cooked at the same time, put in after meat has been cooking for 20 minutes and then cook 10 minutes at 15 pounds pressure.

MENU No. 17 To Serve 5 TO COOK 50 MINUTES
BRAISED RIBS OF BEEF — MASHED POTATOES — CELERY — PEACH TAPIOCA
PUDDING

Wipe 3 lbs. ribs of beef, cut from the prime rib roast. Sprinkle with salt and pepper and rub with the cut side out. Melt 2 tablespoons fat in Cooker. When hot, put in beef and turn frequently until brown on all sides. Add 1 cup hot water, $\frac{1}{2}$ onion sliced, $\frac{1}{2}$ cup celery, cut in pieces, $\frac{1}{2}$ cup canned tomato, $\frac{1}{2}$ pepper cut in strips, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon peppercorns. Cover and cook 50 minutes at 15 pounds pressure.

Wash 1 cup dried peaches. Cover with $1\frac{1}{2}$ cups cold water, add $\frac{1}{4}$ cup tapioca and soak one hour. Add $\frac{1}{2}$ cup sugar, 1 teaspoon lemon juice, $\frac{1}{4}$ teaspoon salt. Open Cooker and cook 10 minutes at 15 pounds pressure.

MENU No. 18 To Serve 5 TO COOK 20 MINUTES
HAM SLICES — GLAZED SWEET POTATOES — LEMON PUDDING

FIRST DISH. 2 slices ham, $1\frac{1}{2}$ inches thick. Sear ham quickly in bottom of Cooker, then place one slice above the other in inset dish.

SECOND DISH. 6 small slices stale bread, lemon mixture, $\frac{1}{3}$ cup milk, 3 tablespoons sugar, 2 eggs, grated rind of one lemon, $\frac{1}{8}$ teaspoon salt. Spread bread with lemon mixture and arrange in buttered inset dish. Beat eggs slightly, add sugar, salt and milk; strain, add lemon rind, and pour mixture over bread. Cover with cloth and place in inset dish.

LEMON MIXTURE: Cook three tablespoons lemon juice, grated rind one lemon and one-fourth cup butter two minutes. Add one cup sugar and three eggs slightly beaten. Cook until mixture thickens. Cool before spreading.

THIRD DISH. Wash and pare five large sweet potatoes and cut in halves lengthwise. Roll in brown sugar. Brown quickly in a little bacon drippings on the bottom of Cooker, then place in inset dish and cook all dishes at the same time.

MENU No. 19 **To Serve 5** **TO COOK 15 MINUTES**
FRIED PERCH WITH EGG SAUCE — CREAMED POTATOES — STUFFED FIG
PUDDING

FIRST DISH. Roll six cleaned perch in salted flour and brown quickly on bottom of Cooker with hot lard. Remove to an inset dish and place on the rack.

EGG SAUCE FOR FISH: $\frac{1}{2}$ cup butter, 3 tablespoons flour, $1\frac{1}{2}$ cups hot water, 2 egg yolks, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 1 teaspoon lemon juice. Melt one-half the butter, add flour with seasonings and pour on hot water gradually. Boil five minutes, add egg yolks, then remaining butter cut in small pieces.

SECOND DISH. Fill 10 or 12 pressed figs with the following mixture: $\frac{1}{4}$ cup bread crumbs, $\frac{1}{2}$ cup chopped nuts, 2 tablespoons brown sugar, 1 egg.

Place in second dish. Serve with hard sauce or whipped cream.

THIRD DISH. Place 8 medium sized potatoes in top inset dish. Cover with a layer of raw sliced onion.

When ready, serve with cheese sauce.

MENU No. 20 **To Serve 4** **TO COOK 10 MINUTES**
BRAISED PORK CHOPS — BROWNED POTATOES — CARROTS — APPLE SAUCE

FIRST DISH. 4 thick pork chops. Roll in flour, season highly with salt and pepper. Have Cooker sizzling hot, add two tablespoons of fat, quickly brown chops on one side; turn.

Place potatoes directly on bottom of Cooker with meat.

SECOND DISH. Place sliced carrots in inset dish, season with salt and pepper, dot with butter.

THIRD DISH. Make syrup of $\frac{1}{2}$ cup of sugar and 1 cup of boiling water, when boiling, add apples which have been pared and quartered.

Place all dishes in Cooker, close properly, cook 12 minutes at 15 pounds pressure if beets are used, otherwise, 10 minutes is sufficient.

MENU No. 21 **To Serve 4** **TO COOK 15 MINUTES**
BAKED SLICED HAM — BRAISED SWEET POTATOES — STUFFED TOMATOES —
BROWN BETTY

FIRST DISH. After trimming the rind from a thick slice of ham, sear it well in hot fat. On the ham, place very thick slices of sweet potatoes that have been pared. Turn them once while ham is browning.

SECOND DISH. Brown Betty. 3 medium sized apples, 1 cup stale bread crumbs, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon cinnamon, juice and rind of lemon. Pare, core and slice the apples. Melt the butter and pour it with the lemon juice over the crumbs. Mix the cinnamon,

grated lemon rind and sugar together. Butter an inset dish or Pyrex dish. Put in alternate layers of apples and bread crumbs, sprinkling the apples with the sugar mixture and making the last layer of bread crumbs. Water may be added to pudding if desired. Serve with or without sauce. (See Lemon Sauce, page 47.)

THIRD DISH. Place three small stuffed tomatoes. Cut off the top of the tomatoes and fill with the following filling: 1 cup of cooked rice, the chopped tomato removed from the tomato cups, a medium sized onion, grated, 1 teaspoon salt, paprika, and 1 tablespoon sugar. Do not add any water to filling not in pan.

Have everything ready to put into Cooker just as soon as the ham and potatoes are browned on one side. Put no water in the Cooker. Cook for 15 minutes at 15 pounds pressure.

MENU No. 22 To Serve 5 TO COOK 25 MINUTES

VEAL BIRDS — CARROTS WITH BROWN SAUCE — PEACH DELIGHT

FIRST DISH. 1¼ lbs. veal round steak cut as thinly as possible. Cut the veal in five pieces about 3 inches wide and 4 inches long. Spread a layer of poultry dressing over each piece of meat. Roll and fasten with toothpicks. Sprinkle with salt and pepper, roll in flour and brown in salt pork drippings on bottom of Cooker. Add no water.

POULTRY DRESSING: 1½ cups bread crumbs, 1½ tablespoons butter, ½ teaspoon poultry seasoning, 1 teaspoon chopped onion, ½ teaspoon chopped parsley. Moisten with water, season with salt and pepper.

SECOND DISH. Peach Delight. 1¼ cups flour, ½ cup sugar, 2 teaspoons baking powder, ½ teaspoon salt, 1 egg, beaten light, 2 tablespoons melted butter, ½ cup milk, ¾ cup sliced peaches. Mix as for butter cake. Pour in buttered jelly molds or custard cups. Serve with Cream Sauce (See page 42).

THIRD DISH. Scrape and slice the carrots, put in inset dish and put over them a little salt and about ¼ cup of water. To make the brown sauce, brown the butter and flour together before adding the milk. When carrots are done, mix them with the brown sauce.

Having the Inset Dishes in position, fasten cover properly.

Cook 25 minutes under 15 pounds pressure.

MENU No. 23 To Serve 5 TO COOK 15 MINUTES

PORK STEAK — APPLE SAUCE — CORN CUSTARD — POTATOES O'BRIEN

FIRST DISH. Brown the steak, season with salt, pepper and sage.

Put in inset dish without any water.

SECOND DISH. Potatoes O'Brien. 2 cups cooked potatoes, diced, ½ cooked green pepper or pimento, chopped. Put potatoes in a buttered inset dish. Make a white sauce of the following and pour over the potatoes. Sprinkle buttered crumbs on top.

WHITE SAUCE: 1 tablespoon butter, 1 tablespoon flour, ½ cup milk, ¼ cup American cheese, salt and pepper.

APPLE SAUCE: Take three or four apples, pare, cut in eighths, remove core, put in dish, cover with sugar and place dish in any one of the three inset dishes where there is room for it.

THIRD DISH. Corn Custard. 2 cups corn, ½ cup cracker or bread crumbs, 1½ cups milk, 2 eggs, 3 tablespoons butter, 2 teaspoons corn-starch, 2 teaspoons sugar, salt and pepper. Mix all together and pour in buttered inset dish.

Place warm water in Cooker up to rack. Place the Inset Dishes within Cooker. Fasten cover properly in position.

Cook 15 minutes at 10 pounds pressure.

MENU No. 24**To Serve 5****TO COOK 40 MINUTES****BEEF RUMP ROAST — BEETS — APPLE TAPIOCA — GRAHAM DATE AND NUT BREAD**

FIRST DISH. Rump Roast. Dredge the meat with flour, season with salt and pepper. Brown in salt pork drippings on bottom of Cooker, add a little chopped onion and parsley.

SECOND DISH. Apple Tapioca. 6 tablespoons Pearl tapioca, $1\frac{1}{4}$ cups cold water, $\frac{3}{4}$ cup boiling water, 5 sour apples, $\frac{3}{4}$ cup sugar, pinch of salt. Soak the tapioca in cold water an hour or more, drain and add boiling water and salt. Core and pare the apples, put in a buttered inset dish, cover with the sugar, then with tapioca. Serve with sugar and cream.

THIRD DISH. Boiled Beets. Leave the roots and two or three inches of the stem on the beets, wash, put in inset dish, sprinkle with salt and pour over about $\frac{1}{4}$ cup of water. As soon as taken out of the Cooker, dip in cold water to remove skins. Season with salt, pepper and butter.

NOTE:—If a large Cooker is used, the tapioca can be put in a small pudding dish and the Graham Date and Nut Loaf may be put in small pans and placed in the same inset dish.

GRAHAM DATE AND NUT BREAD: $1\frac{1}{2}$ cups Graham flour, $\frac{1}{2}$ cup brown sugar, $\frac{3}{8}$ teaspoon soda, 1 tablespoon fat, $\frac{1}{4}$ cup dates, chopped, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ cup white flour, $1\frac{1}{2}$ teaspoon baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup nut-meats, $\frac{1}{2}$ cup sweet milk, 1 egg yolk. This is very good eaten cold for another meal.

Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 40 minutes at 15 pounds pressure.

MENU No. 25**To Serve 5****TO COOK 40 MINUTES****CHICKEN FRICASSEE — POTATOES — FRIED PARSNIPS — DATE PUDDING**

FIRST DISH. Chicken Fricassee—Potatoes. Cut up a 5 lb. dressed fowl. Season and dredge with flour, brown in drippings. Put in inset dish.

SECOND DISH. Date Pudding. Chop very fine 1 lb. of dates and $\frac{1}{2}$ cup beef suet, mix with $\frac{3}{4}$ cup grated bread crumbs and $\frac{3}{4}$ cup sugar, 1 egg, $\frac{1}{2}$ cup milk and 2 heaping tablespoons of flour in which three teaspoons baking powder have been sifted. Beat thoroughly and steam 40 minutes in greased inset dish, having petcock open for first 15 minutes.

THIRD DISH. Fried Parsnips. Scrape parsnips, open the Cooker and let steam for the last 10 minutes. Slice and brown in a small amount of drippings after removing from the Cooker.

After chicken and pudding have been in Cooker for 30 minutes, open to place potatoes within, close and finish cooking for 10 minutes at 15 pounds pressure.

MENU No. 26**To Serve 5****TO COOK 20 MINUTES****FRIED CHICKEN AND GRAVY — GLAZED SWEET POTATOES — CREAMED ONIONS — APPLE TAPIOCA**

FIRST DISH. Cut up chicken in serving portions, brown in fat on bottom of Cooker, season with salt, pepper and sliced onion.

SECOND DISH. Place sweet potatoes cut in three slices lengthways and in a separate Pyrex dish, may be placed small white onions.

THIRD DISH. Have the tapioca pudding made like apple tapioca recipe on page 37.

While the food is cooking, make a creamed sauce for the onions and the caramel for the sweet potatoes by browning $\frac{1}{2}$ cup of sugar in pan over the fire. When sufficiently brown, add 3 tablespoons of butter and $\frac{1}{2}$ cup of water.

As soon as the sweet potatoes are removed from the Cooker, put them into the syrup and cook it down, which takes about two minutes.

Place no water in Cooker. Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 20 minutes at 15 pounds pressure.

MENU No. 27 To Serve 4 to 6 TO COOK 30 MINUTES

HAM SHANKS — CABBAGE — HOMINY AU GRATIN — CHOCOLATE BREAD
PUDDING

FIRST DISH. Ham Shanks—Cabbage. Place two medium sized ham shanks in inset dish. Cook 20 minutes. Release pressure, uncover, place cabbage cut in quarters or shredded, with ham.

SECOND DISH. Chocolate Bread Pudding. Soak one cup bread crumbs in two cups scalded milk 30 minutes. Melt two square bitter chocolate and mix with $\frac{1}{3}$ cup sugar and enough milk taken from bread to make of consistency to pour; add seasoning and one egg slightly beaten. Combine with first mixture. Pour into greased inset dish.

THIRD DISH. Hominy au Gratin. Drain one can hominy and mix with one cup grated cheese, $\frac{1}{2}$ cup thin cream sauce well seasoned. Pour into inset dish. Cover with toasted buttered crumbs. Cook 10 minutes at 15 pounds pressure.

MENU No. 28 To Serve 5 TO COOK 1¼ HOURS

HALIBUT STEAK — SCALLOPED CORN — BUTTERED POTATO BALLS — STEAMED
CHERRY PUDDING

FIRST DISH. Halibut Steak. Cut halibut in individual servings, roll in flour, brown lightly in a little lard, place in inset dish, season. Set dish on rack in Cooker for the last 15 minutes cooking of pudding.

SECOND DISH. Steamed Cherry Pudding. $\frac{1}{2}$ cup butter, 1 cup sugar, 3 eggs, $3\frac{1}{2}$ cups flour, $1\frac{1}{4}$ tablespoon baking powder, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cup cherries (stoned and drained). Mix in order given. Pour into greased cups or small molds and steam one hour with petcock open, then cook 15 minutes at 15 pounds pressure, placing other dishes in at the same time. Serve with fruit or hard sauce.

THIRD DISH. Scalloped Corn—Buttered Potato Balls. Pare potatoes and cut into balls, put into inset dish. Pour over them one can of corn. Dot with butter and season. Cook in separate or divided dishes if desired. Cook only 15 minutes at 15 pounds pressure.

MENU No. 29 To Serve 5 TO COOK 15 MINUTES

PORK CHOPS — POTATOES AU GRATIN — CORN-ON-COB — CARAMEL CUSTARD

FIRST DISH. Pork Chops—Potatoes au Gratin. Arrange alternate layers of thinly sliced potatoes, grated cheese and white sauce in greased inset dish. Season each layer. Brown pork chops slightly in fat on bottom of hot Cooker and lay on top of potatoes.

SECOND DISH. Caramel Custard. $3\frac{1}{3}$ cups scalded milk, 4 eggs, $\frac{1}{2}$ teaspoon salt, 1 teaspoon vanilla, $\frac{1}{2}$ cup caramelized sugar. Add caramelized sugar to milk and heat until dissolved. As soon as sugar is melted in milk, add mixture gradually to egg slightly beaten; add salt and flavoring. Cook in buttered inset dish. Chill and serve with Caramel Sauce.

THIRD DISH. Corn-on-Cob. Husk corn, place in inset dish. When cooked, serve at once or cut off from cob, season, and add a little hot milk.

Put 2 cups of water in Cooker. Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 15 minutes at 15 pounds pressure.

MENU No. 30 To Serve 5 TO COOK 15 MINUTES

SALMON LOAF — CARROTS AND PEAS — FIG TAPIOCA PUDDING

FIRST DISH. Salmon Loaf. 1 large can salmon, $\frac{1}{2}$ teaspoon salt, pinch of pepper, 2 tablespoons cream, 3 crackers, 4 hard-boiled eggs. Mix salmon, seasonings, cream and cracker crumbs. Place a layer in a greased

inset dish. Place egg in center lengthwise, cover with remaining salmon mixture. Brown in oven after removing from Cooker, if desired.

SECOND DISH. Fig Tapioca Pudding. $\frac{1}{4}$ cup Pearl tapioca, $\frac{3}{4}$ cup dried figs, 2 cups cold water, $\frac{1}{2}$ cup sugar, few grains salt. Soak tapioca and fruit 1 hour or longer in cold water. Add sugar and salt. Any dried or fresh fruit may be used in place of figs. Serve with a lemon custard sauce.

THIRD DISH. Carrots and Peas. Scrape the carrots and slice; add shelled peas and $\frac{1}{4}$ cup boiling water. When done, add white sauce.

Place warm water in Cooker up to rack. Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 15 minutes at 15 pounds pressure.

MENU No. 31

To Serve 5

TO COOK 25 MINUTES

**BRAISED FLANK STEAK WITH POTATOES AND TOMATOES — SPINACH —
LA FAYETTE PUDDING**

FIRST DISH. Braised Flank Steak with Potatoes and Tomatoes. 2 lbs. flank steak, 1 large onion, sliced, 2 cups strained tomatoes, 4 medium sized potatoes. Score steak, dredge with flour and brown on the bottom of the hot Cooker. Season, place in inset dish, cover with a thick layer of thinly sliced raw potatoes, then a layer of onions. Over the whole, pour the tomatoes. Cook 10 minutes, then open Cooker and place within the other dishes.

SECOND DISH. La Fayette Pudding. 1 cup rolled cracker crumbs, $\frac{1}{2}$ cup molasses, 1 cup raisins, $1\frac{1}{2}$ cups boiling water, 1 teaspoon vanilla, $\frac{1}{4}$ teaspoon salt. Pour water over the crumbs, let stand five minutes, press out any excess of water. Add remaining ingredients, mix well, spread in a buttered inset dish. Serve with hard sauce.

THIRD DISH. Spinach. Wash the spinach, place in inset dish, season with salt. When cooked, serve with vinegar or drawn butter sauce. Cook 15 minutes at 15 pounds pressure.

Place warm water in Cooker up to rack. Place the Inset Dishes in position, fasten cover properly. Cook as specified at 15 pounds pressure.

MENU No. 32

To Serve 5

TO COOK 40 MINUTES

STUFFED VEAL STEAK — SHELL BEANS — SUET PUDDING

FIRST DISH. Stuffed Veal Steak. $1\frac{3}{4}$ lbs. sliced veal steak, $\frac{1}{2}$ teaspoon salt, 1 cup dry bread crumbs, $\frac{1}{8}$ teaspoon pepper, 1 egg, slightly beaten, milk to moisten crumbs. Wipe the slice of veal steak and spread with a dressing made of the remaining ingredients. Roll up and tie with a string or fasten with skewers. Roll in flour and delicately brown in drippings on bottom of Cooker.

SECOND DISH. Suet Pudding. $\frac{3}{4}$ cup finely chopped suet, $\frac{3}{4}$ cup molasses, $\frac{3}{4}$ cup milk, $\frac{3}{4}$ cup flour, 1 teaspoon salt, $\frac{1}{4}$ teaspoon each ginger, cloves, nutmeg, 1 teaspoon cinnamon, 1 teaspoon soda. Mix and sift the dry ingredients. Mix molasses and milk and add to first mixture. Turn into a greased inset dish. Lay a cloth over the top and steam without pressure for 10 minutes. Cook 30 minutes. Serve with Sterling Sauce (See page 47).

THIRD DISH. Shell Beans. Wash one pint of beans, put in inset dish with $\frac{1}{2}$ cup boiling water. Season with butter, salt and pepper before serving.

NOTE: Place all the dishes within the Cooker at the same time.

Place warm water in Cooker up to the rack. Having the dishes in position, fasten cover properly. Cook 10 minutes without pressure and 30 minutes at 15 pounds pressure.

MENU No. 33**To Serve 5****TO COOK 40 MINUTES****ROAST PORK — SOUTHERN RICE — GINGER PUDDING**

FIRST DISH. Roast Pork. Sear on the bottom of the hot Cooker a 4 lb. boned, rolled loin roast of pork. Then place in inset dish. After cooking 20 minutes, open Cooker, placing dish of rice above pudding.

SECOND DISH. Ginger Pudding. $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar, 1 egg, $2\frac{1}{4}$ cups flour, $3\frac{1}{2}$ teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, 2 teaspoons ginger, 1 cup milk. Cream butter with sugar. Add egg well beaten, then milk and sifted dry ingredients. Pour into greased inset dish. Cover with cloth. Cook 20 minutes with petcock open, then for 20 minutes with petcock closed at 15 pounds pressure. Serve with whipped cream.

THIRD DISH. Southern Rice. Add cup of washed rice to 2 cups boiling water. When cooked for 20 minutes, drain, rinse with boiling water, put into a baking dish and brown in oven for a few minutes.

MENU No. 34**To Serve 5****TO COOK 50 MINUTES****STUFFED BEEF HEART — CREAMED TURNIPS — BLUEBERRY PUDDING**

FIRST DISH. Stuffed Beef Heart. Remove veins and fibers from heart, scald with boiling water. Place on rack in Cooker, salt and cover with boiling water. Cook for 50 minutes. Open Cooker and remove meat to baking pan, stuff with bread dressing and sew up side. Bake in oven about 20 minutes.

SECOND DISH. Blueberry Pudding. 2 cups flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 2 tablespoons butter, $\frac{1}{2}$ cup milk, $\frac{3}{4}$ cup blueberries, $\frac{1}{2}$ cup sugar. Work butter into sifted dry ingredients omitting sugar. Mix milk in gradually with knife. Roll out in a sheet $\frac{1}{2}$ inch thick, sprinkle with berries and sugar. Carefully roll to resemble jelly roll. Place in greased inset dish and after the beef heart has cooked 20 minutes, put in dish of pudding and steam 15 minutes with the petcock open, then close the petcock and cook for 15 minutes at 15 pounds pressure. Cover carefully with a thick towel. Serve with cream or hard sauce.

THIRD DISH. Creamed Turnips. Clean and pare turnips, place in inset dish during the last fifteen minutes cooking of the beef heart. Serve with a butter cream sauce.

MENU No. 35**To Serve 6****TO COOK 35 MINUTES****ROAST FOWL — BROWNED POTATOES — TAPIOCA FIG PUDDING — CARROTS AND GREEN BEANS TOGETHER**

Take a fowl weighing 4 or 5 lbs. and prepare as for roasting. Have Cooker hot and sear the back of the bird on the bottom of Cooker, using a little chicken fat or butter. Then sear one side. Turn on breast and allow it to sear two minutes. Add seasoning except salt and about three tablespoons of hot water. Cook for 20 minutes at 15 pounds pressure.

Open Cooker, turn chicken on other wing side, laying potatoes in gravy around the bird. Add salt to meat and potatoes, placing the rack over them. On top of the rack, place Inset Dish with tapioca fig pudding.

Above the tapioca, place the dish containing carrots and green beans, prepared as directed for vegetables. Close the Cooker properly and cook for 15 minutes at 15 pounds pressure.

When cooking time is completed, open petcock and release pressure slowly. Serve while hot.

NOTE:—For an 8 to 12 lb. fowl, add 15 minutes to first cooking period; the second period remains unchanged. This dinner may be carried in the Cooker in an auto three hours and will be hot provided the steam has not been released in any way, thus maintaining a vacuum.

MENU No. 36

To Serve 5

TO COOK 25 MINUTES

LAKE TROUT FILLETS — CREAMED CAULIFLOWER — MAITRE D'HOTEL POTATOES

FIRST DISH. Select a fresh lake trout or any other firm fleshed fish weighing 2 or 2½ lbs. Remove the skin, cut in 5 steaks. Roll in seasoned flour, brown in salt pork drippings on bottom of Cooker. Season well with salt and pepper and bits of butter. Cook for 15 minutes. Release pressure and remove cover.

SECOND DISH. Wash, pare and shape potatoes in balls, using a French vegetable cutter or cut potatoes in ½ inch cubes. There should be 2½ or 3 cupsful. Soak 15 minutes in cold water and place in inset dish with ¼ cup boiling water.

THIRD DISH. Select a cauliflower weighing about 1 lb. Soak for about ½ hour in salt water (½ tablespoon salt to 1 cup water). Separate the sections, sprinkle with salt and place in inset dish with about ¼ cup water.

Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 10 minutes at 15 pounds pressure.

Serve potatoes with Maitre d'Hotel Butter (See page 46).

Serve fish with white egg sauce (see page 46) and garnish with parsley.

Serve cauliflower with white egg sauce.

MENU No. 37

To Serve 5

TO COOK 45 MINUTES

BEEF POT ROAST — STEAMED APPLE PUDDING — SCALLOPED TOMATOES

FIRST DISH. Dredge roast with seasoned flour, brown in drippings on bottom of Cooker, add pieces of onion, if desired.

SECOND DISH. 2 cups flour, 4 teaspoons baking powder, ½ teaspoon salt, 4 tablespoons butter, ¾ cup milk, 4 apples cut in eighths. Mix the dough as for baking powder biscuits. Roll out dough, sprinkle apples on dough, sprinkle with sugar and cinnamon, roll dough and apples up like a cinnamon roll, slice the roll in five slices.

Place in Inset Dish. Steam for 10 minutes with petcock open.

THIRD DISH. Put sliced tomatoes in layers in an inset dish, seasoning with salt, pepper and dots of butter, and onion juice, if desired, alternating with crumbs. Have the top layer of crumbs and butter. Grated cheese may be added, also a little green pepper, if desired, or parsley.

Cook meat and pudding 25 minutes at 15 pounds pressure.

Release pressure, remove cover add tomatoes and cook for 10 minutes longer.

Serve pudding with vanilla sauce (see page 47).

MENU No. 38

To Serve 5

TO COOK 30 MINUTES

TURBAN OF FISH — SUCCOTASH — PRUNE BREAD PUDDING

FIRST DISH. Turban of Fish. 2 cups cold flaked fish, ¾ cup milk, 1 slice onion, sprig of parsley, 3 tablespoons butter, 3 tablespoons flour, yolks of 2 eggs, ½ cup buttered cracker crumbs, lemon juice, salt and pepper. Scald the milk with onion and parsley, remove the seasonings. Melt butter, add flour, salt and pepper, and the milk gradually, then add eggs slightly beaten. Put a layer of fish in buttered inset dish, sprinkle with salt and pepper and add a few drops of lemon juice. Cover with sauce, then layer of fish and sauce are used. Cover with buttered crumbs.

SECOND DISH. Prune Bread Pudding. 1 cup bread crumbs, 2 cups scalded milk, ¼ cup sugar, 1 cup cooked prunes, 1 egg, nutmeg, salt, 2 tablespoons butter. Remove stones from prunes, add sugar and nutmeg. Put a layer of crumbs in buttered inset dish, add half the prunes, then a layer of crumbs and prunes alternately. Beat the egg, add milk and salt to it and pour over the crumbs and prunes. Melt butter and pour over the top.

THIRD DISH. Succotash. $1\frac{1}{2}$ cups corn scraped from the cob (uncooked), $\frac{1}{2}$ cup cooked shell or lima beans.

Place warm water in Cooker up to rack. Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook for 30 minutes at 15 pounds pressure.

Add hot milk, salt, pepper and butter to succotash.

Serve the prune bread pudding with lemon sauce (see page 47).

MENU No. 39

To Serve 5

TO COOK 15 MINUTES

CANNELON OF BEEF — CABBAGE AU GRATIN — SCALLOPED POTATOES WITH CHEESE

FIRST DISH. Cannelon of Beef. 2 cups cooked chopped beef, 1 teaspoon finely chopped parsley, 1 egg, $\frac{1}{2}$ teaspoon onion juice or finely chopped onion, 1 teaspoon lemon juice, 2 tablespoons melted butter, salt and pepper, few gratings nutmeg and lemon rind. Mix all together and mold in an inset dish.

SECOND DISH. Cabbage au Gratin. 2 cups cooked cabbage, coarsely chopped, 1 cup white sauce (see page 46), $\frac{1}{4}$ cup buttered crumbs, 2 tablespoons grated cheese, paprika. Put half the cabbage in a buttered inset dish, sprinkle grated cheese over it and a dash of paprika. Pour over it half of the white sauce. Put in the remainder of the cabbage and white sauce. Season with salt and pepper if necessary and another dash of paprika. Put the buttered crumbs on top.

THIRD DISH. Scalloped Potatoes with Cheese. Prepare as for ordinary scalloped potatoes, using cooked potatoes. To the white sauce, add as much cheese as desired.

Place warm water in Cooker up to rack. Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook for 15 minutes at 15 pounds pressure.

Serve cannelon of beef with tomato or mushroom sauce (see page 46).

MENU No. 40

To Serve 5

TO COOK 35 MINUTES

STUFFED GREEN PEPPERS — SCALLOPED ONIONS — MASHED POTATOES — RICE PUDDING

FIRST DISH. Stuffed Green Peppers. 5 green peppers, $\frac{1}{2}$ onion, finely chopped, $\frac{1}{3}$ cup bread crumbs, $\frac{1}{2}$ cup lean raw ham, finely chopped, $\frac{1}{3}$ cup brown gravy, salt and pepper, buttered crumbs. Cut a slice from the end of each pepper, remove the seeds, being careful to get each one as the seeds are the strong part of the pepper. Parboil the peppers for 5 minutes. Mix the stuffing, season and fill the peppers. Put buttered crumbs over the tops.

Place in Inset Dish. Place warm water in Cooker up to rack. Cook for 20 minutes at 15 pounds pressure. Release pressure, remove cover.

SECOND DISH. Scalloped Onions. 6 or 7 onions, 1 cup white sauce (see page 49), buttered crumbs. Slice the onions and parboil them for 10 minutes. Drain. Place in a buttered inset dish with alternate layers of white sauce. Cover with buttered crumbs.

THIRD DISH. Rice Pudding. $\frac{1}{3}$ cup rice, $\frac{1}{4}$ teaspoon salt, $\frac{1}{3}$ cup sugar, $1\frac{1}{2}$ cups hot milk, flavor with $\frac{3}{4}$ teaspoon vanilla or speck of nutmeg, $\frac{1}{4}$ cup raisins. Wash the rice thoroughly. Mix with the other ingredients and pour on the hot milk. Cook in small covered dish deep enough so that rice won't boil over and which may be placed in inset dish.

Peel potatoes and place in inset dish around the pudding dish. Cook for 15 minutes at 15 pounds pressure. Mash the potatoes and season.

MENU No. 41

To Serve 5

TO COOK 45 MINUTES

BRAISED BEEF — HUBBARD SQUASH — STEAMED PEARS

FIRST DISH. Braised Beef. 2 lbs. beef, round or rump without bone, 2 slices fat salt pork, $\frac{1}{4}$ cup each diced carrot, turnip, onion and celery, salt and pepper. Try out the pork. Wipe beef, sprinkle with salt and pepper, dredge with flour and brown entire surface in the pork fat on bottom of Cooker. Surround with vegetables.

SECOND DISH. Steamed Pears. Halve and core fine canning pears. Place in inset dish.

THIRD DISH. Hubbard Squash. Break the squash in several pieces, wash and remove the seeds. Place in inset dish without water.

Place the Inset Dishes within Cooker. Fasten cover properly in position. After cooking 30 minutes at 15 pounds pressure, remove squash. Add $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar to pears, with a little ginger, if desired. Put back into Cooker and cook meat and pears 15 minutes longer.

MENU No. 42

To Serve 5

TO COOK 30 MINUTES

TAMALE PIE — CREAMED CELERY — APPLE PUDDING — BOILED POTATOES

FIRST DISH. Tamale Pie. $\frac{3}{4}$ cup cornmeal, 1 teaspoon salt, $2\frac{1}{4}$ cups boiling water, $\frac{3}{4}$ small onion, $\frac{3}{4}$ tablespoon fat, $\frac{3}{4}$ teaspoon salt, $\frac{1}{2}$ or $\frac{3}{4}$ lb. round steak, chopped, $\frac{3}{4}$ cup cooked tomatoes, $\frac{1}{4}$ small pepper, chopped, or speck of cayenne, few pieces of celery or sprinkle of celery salt. Make a mush by stirring the cornmeal and salt into the boiling water. Brown the onion in the fat, add the round steak and cook until browned, about five minutes. Add the vegetables and salt. Grease an inset dish, put in a layer of cornmeal mush, add the meat and vegetables and cover with mush.

SECOND DISH. Apple Pudding. 3 sour apples, 1 tablespoon butter, 2 eggs, $\frac{1}{4}$ lemon, $\frac{1}{3}$ cup sugar, spice. Peel and grate the apples. Add the juice and grated rind of the lemon, the well beaten egg yolks and the butter creamed with the sugar. Season with a little cinnamon or nutmeg, fold in the stiffly beaten whites of the eggs.

THIRD DISH. Creamed Celery. $1\frac{1}{2}$ or 2 cups celery, cut in pieces. Use outside stalks for cooking and save the heart to be eaten raw. $\frac{1}{2}$ teaspoon salt. Place in inset dish with salt and $\frac{1}{4}$ cup boiling water.

Place warm water in Cooker up to rack. Place the Tamale Pie and Pudding in Cooker. Cook for 15 minutes at 15 pounds pressure. Release pressure, remove cover and put in the potatoes which have been peeled and cut in halves, and celery. Cook the Tamale Pie, Celery and Potatoes for 15 minutes at 15 pounds pressure.

Serve celery with white sauce (see page 46).

Serve apple pudding cold with cream.

MENU No. 43

To Serve 5

TO COOK 30 MINUTES

BEEFSTEAK PIE — ITALIAN SPAGHETTI — BOILED POTATOES

FIRST DISH. Beefsteak Pie. 2 cups round steak, cut in dice, 1 small onion, chopped, salt and pepper. Brown the onion and meat in drippings on bottom of Cooker, add water to cover, season and let simmer while preparing the remainder of the dishes for the Cooker. Thicken, put in greased inset dish and cover with biscuit dough.

SECOND DISH. Italian Spaghetti. $\frac{1}{2}$ cup hot water, $\frac{1}{2}$ can tomatoes, $\frac{1}{2}$ tablespoon flour, 4 peppercorns, $\frac{1}{2}$ teaspoon salt, bit of bayleaf, parsley and celery or celery salt, $\frac{1}{2}$ onion. Cook the tomatoes with the onion and other seasoning. Rub through strainer. Brown the butter, add the flour, then the tomato juice. Pour over the hot spaghetti. Sprinkle with grated cheese on top, if desired. To prepare the spaghetti, break in pieces, $\frac{3}{4}$ cup, or leave whole. If left whole, hold the sticks over hot water until they soften sufficiently to get in the dish without breaking. Cook for 5 minutes in boiling salted water. Drain.

THIRD DISH. Boiled Potatoes. Put in inset dish, potatoes which have been peeled and cut in halves and salted.

Put two cups of warm water in Cooker. Put dish containing Beefsteak Pie on rack in Cooker. Steam 5 minutes with petcock open, then close petcock and cook for 10 minutes at 15 pounds pressure. Release pressure, remove cover and put in potatoes and spaghetti and cook all three dishes of food 15 minutes at 15 pounds pressure.

MENU No. 44 **To Serve 5** **TO COOK 15 MINUTES**

FRICASSEE OF VEAL — MASHED POTATOES — CREAMED PARSNIPS — PRUNE WHIP

FIRST DISH. Fricassee of Veal. 1½ lbs. veal steak cut from the round, dredge with seasoned flour, fry in hot fat on bottom of Cooker until light brown. Add medium size onion, 2 stalks celery, 1 sliced carrot.

SECOND DISH. Creamed Parsnips. Cut 3 or 4 parsnips in slices, place in small pan and add ½ cups of boiling water and ½ teaspoon salt. Put this pan in inset dish. Place peeled potatoes, which have been cut in halves, around this small pan.

THIRD DISH. Prune Whip. To 1 cup of prune pulp, add 4 tablespoons sugar and 1 teaspoon lemon juice. Fold into this mixture the stiffly beaten whites of two eggs. Place in buttered molds or casserole in inset dish.

Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 15 minutes at 15 pounds pressure. Take meat up on a platter and place the vegetables around it. Add 1 cup boiling water and 2 tablespoons of fat to the juice in which the meat has been cooked. Thicken with 2 tablespoons of flour.

MENU No. 45 **To Serve 5** **TO COOK 15 MINUTES**

BREADED VEAL — SCALLOPED POTATOES — CHOCOLATE CUSTARD

FIRST DISH. Breaded Veal. Salt and pepper the veal steak, roll it in fine bread or cracker crumbs, dip it in beaten egg, then roll it in crumbs. Fry in hot fat on bottom of Cooker until a golden brown. Put bits of butter over the top and a little cream, if desired.

SECOND DISH. Scalloped Potatoes. Butter an inset dish, put in a layer of sliced cold boiled potatoes, then a layer of white sauce (see page 49) to which grated cheese has been added, then another layer of potatoes and cheese sauce. Put buttered crumbs on top.

THIRD DISH. Chocolate Custard. Heat 2½ cups of milk, add 2 tablespoons melted chocolate. Cook slightly. Add 3 beaten eggs, ½ cup sugar and ½ teaspoon vanilla. Pour in individual custard cups and place in inset dish.

Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 15 minutes at 15 pounds pressure.

MENU No. 46 **To Serve 5** **TO COOK 20 MINUTES**

STUFFED SPARE RIBS — SAUERKRAUT — MASHED POTATOES

FIRST DISH. Spare Ribs. 2½ lbs. spare ribs. Make a dressing of the following: 1 cup bread crumbs, 2 tablespoons butter or butter substitute, ½ teaspoon salt, pinch of pepper, ½ cup cold water and ½ tablespoon chopped onion or ¼ teaspoon sage. Wipe off the spare ribs, season with salt and pepper and pack the dressing in the ribs. Roll and tie. Put into inset dish.

SECOND DISH. Mashed Potatoes. Pare the potatoes and cut in halves, put into inset dish, add salt.

THIRD DISH. Sauerkraut. Put the sauerkraut into inset dish, add bits of butter or bacon fat.

Place warm water in Cooker up to rack. Place the Inset

Dishes within Cooker. Fasten cover properly in position. Cook 20 minutes at 15 pounds pressure. When Cooker is opened, take out the spare ribs and place in a hot oven for a few minutes to brown. Mash the potatoes and season.

MENU No. 47 To Serve 5 TO COOK 12 MINUTES

HAM WITH APPLES — CREAMED CABBAGE — SWEET POTATOES

FIRST DISH. Ham with Apples. Wipe and trim a slice of ham weighing about $1\frac{1}{2}$ lbs. Rub with brown sugar and stick five or six cloves in the ham. Brown on bottom of Cooker. Pare and core two apples and place on top of the ham.

SECOND DISH. Creamed Cabbage. Shred or chop $\frac{1}{3}$ of a medium sized cabbage. Put into an inset dish, adding $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ cup of boiling water.

THIRD DISH. Sweet Potatoes. Pare and cut in thick slices four or five medium sized potatoes. Put into an inset dish. Sprinkle with salt and pepper and place dots of butter on the potatoes.

Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 12 minutes at 15 pounds pressure.

MENU No. 48 To Serve 4 TO COOK 15 MINUTES

PORK BIRDS — SQUASH AU GRATIN — SAVORY RICE

FIRST DISH. Pork Birds. $1\frac{1}{4}$ lbs. pork steak cut from the ham. Make a dressing of 1 cup bread crumbs, 1 tablespoon butter, $\frac{1}{2}$ teaspoon poultry seasoning, $\frac{1}{2}$ teaspoon chopped onion. Moisten with water and season with salt and pepper. Cut the steak in four or five pieces. Spread a layer of the dressing over each piece of meat. Roll and fasten with toothpicks. Put a tablespoon of fat in bottom of Cooker. Brown the birds in the fat. Place rack on top of meat.

SECOND DISH. Squash au Gratin. Slice part of a squash, remove the seeds and skin, and cut into triangles. Put a tablespoon of butter in an inset dish, put the squash in the butter and brown slightly. Sprinkle over it grated cheese, salt and pepper. Butter and brown some crumbs. add grated cheese and pour this over the squash.

THIRD DISH. Savory Rice. In an inset dish, brown one onion in 1 tablespoon of fat. Add 1 cup tomato pulp, 2 cups cooked rice, 1 tablespoon chopped green pepper, 1 stalk celery, cut in pieces and salt and pepper to taste.

Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 15 minutes at 15 pounds pressure.

MENU No. 49 To Serve 5 TO COOK 12 MINUTES

BREADED VEAL CHOPS — TOMATOES AND OKRA — RICED POTATOES

FIRST DISH. Breaded Veal Chops. $1\frac{1}{2}$ lbs. veal chops. Bread thick veal chops by dipping in egg and rolling in cracker crumbs. Have Cooker hot, put sufficient fat in bottom to brown the chops quickly on one side. Turn. On each chop, place three thin slices of onion.

SECOND DISH. Place potatoes cut in two lengthwise in colander over the chops.

THIRD DISH. In the second inset dish, have the tomatoes, corn and okra. Use one can of corn, $\frac{1}{2}$ cup of tomatoes and $\frac{1}{2}$ cup okra. Before mixing all together, bring the okra to a boil in water on top of the stove, drain off water and mix the three. Salt, pepper and butter to taste.

Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 12 minutes at 15 pounds pressure.

When the veal chops have been browned on one side and turned, the other foods should be put in **IMMEDIATELY** and the Cooker closed. This should be done rapidly to prevent the crumbs from burning.

When the cooking is completed, salt the potatoes, put them through a potato ricer, put a tablespoonful of butter on top and sprinkle with paprika.

MENU No. 50

To Serve 5

TO COOK 10 MINUTES

HAMBURGER STEAK WITH TOMATO SAUCE — RICE — CABBAGE — APPLES
STUFFED WITH RAISINS

FIRST DISH. Hamburger Steak. Mix $1\frac{1}{2}$ lbs. hamburger (which is part beef and part pork) with one small chopped onion, 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper, 1 egg. Form into small cakes, roll in flour and brown in fat on one side in bottom of Cooker. Turn cakes, pour over $\frac{1}{2}$ can of Campbell's tomato soup.

SECOND DISH. Rice. In an inset dish directly above the meat, place the rice. In cooking rice, wash it between the hands until the water does not look milky. While the meat is browning on one side, have the water boiling in the dish for the rice. Stir the rice a little at a time into the boiling water. Let it come to a vigorous boil before placing dish in Cooker. Use three cups of water to one cup of rice, with one teaspoonful of salt.

THIRD DISH. Cabbage. Place cabbage cut in serving portions in second inset dish. Do not use any water. Salt and season with butter when cooked.

FOURTH DISH. In the top inset dish containing the cabbage, place a Pyrex pudding dish in which are the apples, cored, filled with raisins and sugar and sprinkled with cinnamon. Pare the top of the apple about one-third the way down.

Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook 10 minutes at 15 pounds pressure.

MENU No. 51

TO COOK 30 MINUTES

ROAST BEEF WITH BROWNED GRAVY — FRANCONIA POTATOES — CREAMED
SPINACH

FIRST DISH. Roast Beef. Try out some suet in hot Cooker, sear and brown the meat well on all but one side. Turn.

Close Cooker and cook 20 minutes at 15 pounds pressure.

Release pressure and remove cover.

SECOND DISH. Franconia Potatoes. Place small whole potatoes in the juice around the meat. Salt well.

THIRD DISH. Creamed Spinach. In inset dish above the meat and potatoes, place the thoroughly washed spinach.

Place the Inset Dish within Cooker. Fasten cover properly in position. Cook 10 minutes at 15 pounds pressure. When spinach is cooked, drain and chop in a bowl until fine and mix in white sauce (see page 46) and one finely chopped hard-boiled egg.

MENU No. 52

To Serve 5

TO COOK 15 MINUTES

HAM A LA MEXICO — POTATOES AU GRATIN — FRESH LIMA BEANS — APRICOT
TAPIOCA

FIRST DISH. Ham a la Mexico. Sear slice of ham, $1\frac{1}{2}$ inches thick, on both sides on bottom of Cooker in 3 tablespoons of fat. Pour over ham a sauce made from $\frac{1}{2}$ can of tomatoes, 1 green pepper and 1 onion, ground. Bring this to a boil in Cooker before placing other dishes in Cooker.

SECOND DISH. Potatoes au Gratin. Place sliced raw potatoes, sprinkle with salt, pepper, flour and layer of bread crumbs which have been grated and browned in 2 tablespoons of butter. Continue to add a layer of potatoes and a layer of crumbs until sufficient to fill dish. Then moisten slightly with milk and sprinkle top layer, which is bread crumbs, with paprika.

THIRD DISH. Lima Beans. Place lima beans, which have been brought to a boil on top of stove and drained. Season with salt, butter, pepper and 1 tablespoon of flour.

FOURTH DISH. Apricot Tapioca. Soak tapioca in cold water an hour or more, drain and add boiling water and salt. Put apricots in buttered inset dish. Spread with sugar, then the tapioca.

Place the Inset Dishes within Cooker. Fasten cover properly in position. Cook for 15 minutes at 15 pounds pressure.

MENU No. 53

To Serve 5

TO COOK 35 MINUTES

CORNERD BEEF — BOILED POTATOES — STEAMED SQUASH — CHOCOLATE SOUFFLE

FIRST DISH. Corned Beef. Select a 2 lb. piece of the rump. Soak in cold water, if necessary. Place on bottom of Cooker with 1½ cups of water. Place rack over meat.

SECOND DISH. Steamed Squash. Cut the squash, without peeling it, into several large pieces. Wash and place in inset dish above meat.

Close Cooker and cook the meat and squash for 25 minutes at 15 pounds pressure. Release pressure, remove cover and remove squash.

THIRD DISH. Chocolate Souffle. 2 tablespoons butter, 2 tablespoons flour, ¾ cup milk, 1½ squares chocolate, ½ cup sugar, 2 tablespoons hot water, 3 eggs, ½ teaspoon vanilla. Melt butter, add flour and pour on the milk gradually. Cook until boiling point is reached. Melt chocolate in sauce pan placed over hot water, add sugar and water and stir until smooth. Combine mixtures and add yolks of eggs well beaten. Cool. Fold in whites of eggs beaten stiff and add vanilla. Turn into buttered baking dish.

Place in Inset Dish and put peeled potatoes around the pudding dish. Fasten cover properly in position. Cook 10 minutes at 15 pounds pressure.

Pressure Cooker Recipes

CEREALS

Stir into boiling water, using twice as much water as cereals. Place water in Cooker up to rack, place dish containing cereals in Cooker.

NOTE:—Use one-third the time specified in directions on package by manufacturer.

Rolled Oats.....	10	minutes	at	15	pounds	pressure
Oatmeal	10	"	"	15	"	"
Cream of Wheat	10	"	"	15	"	"
Other Breakfast Foods	10	"	"	15	"	"
Cracked Rye	60	"	"	15	"	"
Cracked Wheat	60	"	"	15	"	"
Whole Wheat	120	"	"	15	"	"

NOTE:—If cooked for a longer period, the cereals will not be over-cooked.

To Cook Cereals Over-night Instructions As For Oatmeal

Place water in Cooker up to rack, place dish of cereal in Cooker, bring pressure to 20 pounds, turn out the fire and let cereal remain in Cooker over-night. In the morning, place Cooker over flame without removing cover of Cooker. When indicator on the Steam Gauge registers 5 pounds pressure, release pressure, remove dish of cereal from Cooker and serve.

When cooking period is complete, release the steam slowly or allow the pressure to go down without opening the petcock. To hasten, put cold cloths on Cooker or place Cooker under faucet and run cold water over it.

Cereals may be cooked on bottom of Cooker without using inset dish, if desired. If this method is used, the cooking period should be shortened.

RICE

FIRST METHOD—Southern style: Wash rice to get off all the glucose, use six cups of boiling water to one of rice, salt, and cook for 15 minutes at 15 lbs. pressure. Release the steam slowly. Remove the dish from the Cooker and let it drain. Put the rice into the baking dish and simmer for 5 minutes with cream and butter. If to be served as pudding serve with cream and sugar.

SECOND METHOD: Wash the rice. Use $3\frac{1}{4}$ or 4 cups of boiling water to one of rice. Add a pinch of salt. Cook 15 minutes at 15 lbs. pressure. Turn off the heat and open the petcock to release the steam slowly, until the indicator drops back to 5 lbs. pressure. The rest of the steam may then be quickly released and the dish removed from the Cooker. Serve with cream and sugar. The important thing for the cook to remember is to have water enough so that the grains can swell, letting the grain stand for a few minutes before fastening the cover on the Cooker in order that each kernel will be whole and yet not sticky as is the case with over-cooked rice.

SAVORY RICE

Brown one onion in 1 tablespoon of fat in an inset dish. Add one cup tomato pulp, 2 cups cooked rice, 1 tablespoon chopped green pepper, 1 stalk celery, cut in pieces, salt and pepper to taste. Place inset dish in Cooker. Cook for 10 minutes at 15 pounds pressure.

Soups

Soups prepared in a Pressure Cooker are not only clear and good to look at, but they have all of the delicious flavors retained. The housewife is also able to cook them in much less time by this modern method of cooking than in open pots.

When soups are prepared from dried vegetables, the petcock should be left open for the first few minutes. If it is desired to retain the full flavor of the soup, do not open the petcock when the cooking period is complete. The gas being turned out, push the kettle back from the hot burner and allow the pressure to go down as the Cooker cools without releasing the steam.

BEAN SOUP

Soak one cup of beans overnight, drain, put in Cooker with three pints of cold water, one onion, two slices of bacon or salt pork, diced, 2 teaspoons salt, 1 clove, pepper to taste. Close Cooker and cook for 30 minutes at 15 pounds pressure. Slice two hard-boiled eggs into tureen and pour the hot soup over them.

BEEF TEAS

Take lean beef, cut in pieces, put into glass jar or enamel pail with no water, set on rack with water in bottom of Cooker. Cook 30 minutes at 15 pounds pressure.

CORN CHOWDER

1 can corn	4 cups hot milk
4 cups potatoes, cut in thick slices	8 crackers or 2 tablespoons of flour
1 slice fat salt pork	3 tablespoons butter
1 small onion, sliced	Salt and pepper

Cut the pork in small pieces and try out in bottom of Cooker, add onion and cook five minutes, being careful not to burn the onion. Parboil peeled potatoes, placing them in inset dish with half a cup of water and cook for 5 minutes at 15 pounds pressure. Drain, adding corn, milk and fat (the onion and pork may be left in or fat may be strained out). Season and re-heat in the Cooker. Pour soup over the crackers which are placed in a tureen or if crackers are not to be used, thicken the chowder with the flour.

POTATO SOUP

2 large potatoes, 1 pint milk, 1 teaspoon tapioca, 1 tablespoon butter, salt and pepper to taste. Slice potatoes very thin, cover with hot water

and add tapioca which has been soaked in cold water for one hour. Place in inset dish and cook for 10 minutes at 15 pounds pressure. Mash the potatoes, add milk and let come to a boil, season with butter, salt and pepper. Serve in hot cups. A spoonful of whipped cream on the top of each cup is a dainty addition.

SOUP STOCK

To make good soup, some kind of meat stock is almost essential. Instruct the butcher to deliver all bones and trimmings removed from roasts and save all meats and gravies left over from previous meals.

To every pound of meat and bone, use 4 cups of cold water. Cut the meat into pieces and have the butcher saw the large bones so that the fat and gelatine may be fully extracted. Put all into Cooker and fasten cover. Cook for 30 minutes at 15 pounds pressure. Release pressure slowly. Strain soup through a fine sieve to remove any bits of bone. Let cool, remove fat from the top and it is ready to use.

Cream Soups

CREAM OF POTATO SOUP

Three potatoes, cut in slices and cooked with one cup boiling water and a large slice of onion. Cook for 5 minutes at 15 pounds pressure. Rub through a strainer, add 2 cups thin white sauce (see page 46). Season and just before serving, stir in one tablespoon of chopped parsley.

CREAM OF CELERY SOUP

Cook one cup celery cut in cubes in $\frac{1}{2}$ cup boiling water for 15 minutes at 15 pounds pressure. Add 2 cups thin white sauce (see page 46). Season and serve.

SPLIT PEA SOUP

Soak 1 cup of dried split peas over-night in cold water. In the morning, drain and add 1 quart fresh cold water, one onion sliced and one large slice salt pork. Cook for 40 minutes at 15 pounds pressure. Rub them through a strainer, adding 2 cups thin white sauce (see page 46). Season and serve.

VEGETABLE SOUP

Add diced vegetables to brown soup stock, having about 1 cup of vegetables to 4 cups of stock. Cook minutes at 15 pounds pressure.

Fish

HALIBUT STEAK

Cut halibut in individual servings, roll in flour, brown lightly in a little lard on the bottom of hot Cooker. Remove to inset dish and season. Place inset dish within the Cooker, which has water up to the rack. Close the Cooker and cook 15 minutes at 15 pounds pressure.

LAKE TROUT FILLETS

Select a fresh Lake Trout or any other firm fleshed fish weighing 2 or 3 lbs. Remove the skin, cut into five steaks, roll in flour, brown in salt pork drippings on the bottom of the Cooker. Season with salt and pepper and bits of butter. Place in inset dish within the Cooker and cook for 15 minutes at 15 pounds pressure. Garnish with parsley and slices of lemon and serve with egg sauce. (See page 46).

FRIED PERCH

Roll six cleaned perch in salted flour and brown quickly on the bottom of Cooker, with hot lard or drippings. Remove to an inset dish and cook for 15 minutes at 15 pounds pressure. Serve with egg sauce. (See page 46).

SALMON LOAF

1 large can salmon
 $\frac{1}{2}$ teaspoon salt
Pinch of pepper

2 tablespoons cream
3 crackers
4 hard-boiled eggs

Mix salmon, seasonings, cream and cracker crumbs. Place a layer in a greased inset dish. Place the eggs in center lengthwise, cover with the

remaining salmon mixture. Cook 15 minutes at 15 pounds pressure. This may be browned on the bottom of the Cooker afterwards, if desired, in which case, pour out the hot water, replace Cooker over heat, put inset dish with salmon on the rack, put cover in position without closing the bolts. In a few minutes, the salmon loaf will be browned.

FISH SOUFFLE

1 cup fish
1 cup white sauce

2 egg yolks
2 egg whites

Salt and pepper

Mix the fish, white sauce (see page 49) and egg yolks together in inset dish. Season and fold in the well beaten whites. Cook for 15 minutes at 15 pounds pressure. If the souffle is put in a hot oven for a few minutes, it is much improved, or it may be finished on the bottom of the hot Cooker as described in the preceding recipe.

TURBAN OF FISH

2 cups cold flaked fish, $\frac{3}{4}$ cup milk, 1 slice onion, sprig of parsley, 3 tablespoons butter, 3 tablespoons flour, yolks of 2 eggs, $\frac{1}{2}$ cup buttered cracker crumbs, lemon juice, salt and pepper.

Scald the milk with onion and parsley, remove the seasonings. Melt butter, add flour, salt and pepper, and the milk gradually, then add eggs slightly beaten.

Put a layer of fish in buttered inset dish, sprinkle with salt and pepper and add a few drops of lemon juice. Cover with sauce, then layer of fish and sauce are used. Cover with buttered crumbs. Cook for 15 minutes at 15 pounds pressure.

MEATS

GENERAL INSTRUCTIONS

All meats are best cooked in a Pressure Cooker. The most expensive meats are not necessarily the most nutritious. If the housewife thoroughly understands the right way to prepare the cheaper cuts of meat, and has a Pressure Cooker, it is always possible to have tender and juicy meat at comparatively small cost.

Meat, although one of the most important foods and one of the most expensive, is too often ruined in cooking. By the ordinary method much of the rich juicy nutriment is cooked out of the meat, leaving it a hard leathery fibre. Meats cooked in a Pressure Cooker do not lose any weight, because nothing escapes, and there is slight shrinkage from evaporation.

It is a recognized fact that the tough meats can always be reduced to a juicy tenderness if steamed in a Pressure Cooker for a short time. Allow at least 10 or 12 minutes to the pound for meat to be well cooked. If it is desired to have meat rare, 8 to 10 minutes is sufficient and the steam pressure way of cooking will banish tough meat from the dinner table.

Meat should be placed on the bottom of the Cooker to be well seared on all sides in order that it may be a good brown when taken from the Cooker. If a deeper or richer brown is desired, dredge the meat with flour after it is partially seared.

Until thoroughly familiar with the method of Pressure Cooking, it is recommended that the operator should use a little water, some cooking oil or dripping with meat when placed on the bottom of the Cooker. When experienced, operators will find that better flavors are obtained without the use of this small quantity of water.

Release the pressure slowly before opening the Cooker. If the pressure is released quickly, the meat may lose its shape and some of the juice will be drawn from it.

In making soups or stews, when the juice and flavor are wanted in broth or gravy, the pressure should be reduced slowly or the Cooker pushed back from the fire and allowed to cool gradually.

Small cuts of meat should be cooked in the time mentioned in the

recipes. For larger cuts, allow 10 minutes for each additional pound. This applies to general domestic use. When cooking very large joints, such as 15 lbs. weight or over, 20 lbs. pressure may be used and the time of cooking reduced proportionately.

Remember the daily use of the PRESSURE COOKER will banish tough meat from your table.

BEEF

BRAISED BEEF

2 lbs. beef round or rump without bone	$\frac{1}{4}$ cup carrots, diced
2 slices fat salt pork	$\frac{1}{4}$ cup turnips, diced
Salt and pepper	$\frac{1}{4}$ cup onions, diced
	$\frac{1}{4}$ cup celery, diced

Try out the pork. Wipe the meat, sprinkle with salt and pepper, dredge with flour and brown entire surface in the pork fat. Place in inset dish and surround with vegetables. Cook 30 minutes at 15 pounds pressure.

BEEF STEAK PIE

2 cups round steak, cut in dice	1 small onion, chopped
Salt and pepper	

Brown the onion and meat in drippings and cover with water, season and let it simmer while preparing the remainder of the meal. Put in a greased inset dish and cover with biscuit dough. Steam 15 minutes with petcock open, then close petcock and cook for 25 minutes at 15 pounds pressure.

BEEF IN CASSEROLE

2 cups rice cooked until flaky	1 onion, diced
1 lb. ground beef	$\frac{1}{2}$ cup cream
1 large can tomatoes	Salt and pepper

Brown the meat and onion together. Season with salt and pepper. Add tomatoes, rice and cream. Put in casserole and cover with buttered crumbs, which have been browned. Cook for 15 minutes at 15 pounds pressure.

CORNERED BEEF AND CABBAGE

Select a 4 or 5 lb. brisket. Put rack in Cooker, place meat on rack, add two quarts hot water. Cook for 60 minutes at 15 pounds pressure. Release pressure, remove cover, put in cabbage which has been quartered. Cook 12 minutes at 15 pounds pressure. If cabbage is young and fresh, 10 minutes at 15 pounds pressure will be sufficient.

RUMP ROAST CORNERED BEEF

Select a cut from the rump of 4 to 5 lbs. Put rack in Cooker, place roast on rack, add hot water to cover. Cook 30 minutes at 15 pounds pressure. Release pressure, remove cover, take out roast and drain Cooker. Wash the Cooker, put back on stove, add 1 tablespoon lard, sear roast on three sides in hot Cooker, place unseared side on bottom, cook for 30 minutes at 15 pounds pressure. Spices may be added to suit taste.

BEEF STEW

Chicago Style

Stew meat, cut in small pieces, the amount of meat used to be determined by number of people to be served.

Put 2 tablespoons of lard in hot Cooker, sear meat on one side, turn. Cook 20 minutes at 15 pounds pressure. Release pressure, remove cover and add potatoes, carrots and onions, season to taste. Use no water in Cooker. Cook 10 minutes at 15 pounds pressure.

BRAISED FLANK STEAK

2 lbs. flank steak, 1 large onion, sliced, 2 cups strained tomatoes, 4 medium sized potatoes.

Score steak, dredge with flour and brown slightly on bottom of Cooker. Season, cover with a thick layer of thinly sliced raw potatoes, then a layer

of onions. Over the whole, pour the tomatoes. Cook for 15 minutes at 15 pounds pressure.

HAMBURGER STEAK WITH TOMATO SAUCE

Mix hamburger (which is part beef and part pork) with small chopped onion, 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper, 1 egg. Form into small cakes, roll in flour and brown in fat on one side in bottom of Cooker. Turn cakes, pour over one-half can of Campbell's tomato soup. Cook for 10 minutes at 15 pounds pressure.

POT ROAST

Select a cut from the shoulder or rump. Dredge with seasoned flour. Sear on all sides on the bottom of the Cooker with drippings. Add a little onion, if desired, and cook on bottom of Cooker without water. Cook for 45 minutes at 15 pounds pressure.

ROLLED ROAST

Sear the roast on three sides. Add salt, pepper, onion and stewed tomato with some fat or drippings, leaving the roast on the unseared side on the bottom of the Cooker. Close the Cooker and cook for 30 minutes at 15 pounds pressure. To have meat well done, cook longer. No water is needed below the rack.

If vegetables are to be cooked as, for instance, potatoes and carrots, proceed as follows:

After the 30 minutes are completed, open the petcock to release the pressure, then open the Cooker. Put in the pared potatoes around the meat, place the rack in position over the meat and place on it one of the aluminum dishes containing sliced carrots or any other vegetable, without water in the dish.

Be sure to see that there is sufficient gravy around the meat to form the necessary steam pressure the second time. If there is more than enough, take out some. If there is not enough, add two tablespoons of drippings.

Close the Cooker as before, turn up the gas and secure pressure to 15 lbs. and cook for 10 minutes.

When cooking time is complete, open petcock to release pressure slowly, unscrew the cover and serve the dinner. Thus, it is prepared with a minimum of labor and fuel and in the shortest possible time.

RUMP ROAST

Dredge the meat with flour, season with salt and pepper. Brown in salt pork drippings, add a little chopped onion and parsley. Rinse dish out with $\frac{1}{4}$ cup hot water and pour this over the meat. For a 4 lb. roast, cook 40 minutes at 15 pounds pressure. No water is needed in the Cooker.

SWISS STEAK

Select a cut from the center of the round. It should be two inches thick. Take $\frac{1}{2}$ cup of flour, seasoned well with salt and pepper and press it well into the meat. Add a slice or two of onion to some bacon fat, also a little green pepper and tomato juice, if desired. Brown the meat in the fat on the bottom of the Cooker. Put it in inset dish and cook for 40 minutes at 15 pounds pressure.

FRESH BEEF TONGUE

Scrape, scald with boiling water, salt. Cover with boiling water. Cook one hour under 15 lbs. pressure. Release pressure slowly. Beef heart may be cooked in the same way, then stuffed and baked a few minutes in the oven.

STUFFED BEEF HEART

Remove veins and fibers from the heart, scald with boiling water, place on rack in Cooker, salt and cover with boiling water. Cook 50 minutes at 15 pounds pressure. Open Cooker, remove meat to baking dish, stuff with poultry dressing and sew up side. Bake in oven about 20 minutes.

CANNELON OF BEEF

2 cups cooked beef, chopped ½ teaspoon onion juice or finely
1 teaspoon finely chopped parsley chopped onion
1 egg 2 tablespoons melted butter

Salt and pepper, few gratings of nutmeg and lemon rind

Mix all together and mold in a small dish and cook for 10 minutes.
Serve with tomato or mushroom sauce.

MEAT PIE

Take "left-overs" or the cheapest cuts of meat, cut into small pieces, season, use one and a half cups water, or what is needed for the gravy. Cook from 30 to 45 minutes under 15 lbs. pressure, depending on what the meat is. Make a good biscuit dough, put meat into baking dish, cover with thin dough and bake.

HUNGARIAN GOULASH

1 lb. each round steak, pork steak and veal steak, all cut into 1 inch squares, 1 green pepper, chopped, 2 medium sized onions. Brown onion and pepper in 3 tablespoons of butter. Add the meat, stirring it so as to brown it on all sides, then add 1 pint boiling water and ½ cup tomato. salt and paprika to taste. Fasten cover on Cooker, cook for 15 minutes at 15 pounds pressure. Thicken the gravy before serving and pour it all over split hot baking powder biscuits on the platter.

SOUTHERN GOULASH

2 lbs. spare-ribs, 1 apple, 2 onions. Brown the spare-ribs in a tablespoon of fat on the bottom of the Cooker. When brown on both sides, add the finely chopped apple and onion. Put cover on, cook for 15 minutes at 15 pounds pressure.

CHILI CON CARNE

2 lbs. lean beef 2 green peppers
1 cup canned kidney beans 1 small can tomatoes
2 tablespoons drippings or butter ¼ small red pepper
2 tablespoons flour 1 large sliced onion
2 tablespoons Kitchen Bouquet Salt and pepper to taste

Brown the onion in the drippings, remove the onion and brown the meat, which has been cut into cubes and dredged with flour and seasonings. Chop the peppers and add them with the tomatoes to the browned meat. Cover with boiling water and cook for 30 minutes at 15 pounds pressure. Add the Kitchen Bouquet and kidney beans. Serve very hot.

TAMALE PIE

¾ cup corn-meal 1 lb. round steak, chopped
1 teaspoon salt ¾ cup tomatoes
2¼ cups boiling water ¼ small pepper, chopped or speck
¾ small onion of cayenne
¾ tablespoon fat ¾ teaspoon salt

Make a mush by stirring the corn-meal and salt into the boiling water. Brown the onion in the fat, add the round steak and cook until browned, about five minutes. Add the vegetables and salt. Grease an inset dish, put in a layer of corn-meal mush, add the seasoned meat and cover with mush. Cook 20 minutes at 15 pounds pressure.

MUTTON AND LAMB

BARLEY STEW

Cut meat from the neck or breast into small pieces and add 1 cup water for each pound of meat. Add onions, carrots, salt, pepper and ½ cup barley for each pint of stew. Cook for 45 minutes at 15 pounds pressure.

MUTTON STEW

2 lbs. mutton, cut in cubes 2 tablespoons butter substitute
1 onion 2 tablespoons flour
1 piece of bay-leaf 1 teaspoon Kitchen Bouquet
2 cups tomato pulp

Brown the meat, thicken by adding tomato pulp, flour and seasoning. Cook for 30 minutes at 15 pounds pressure. Serve with well boiled rice.

LEG OF LAMB

Have the butcher remove bone and tie. Season to taste, sear on three sides with cover of Cooker removed. Place unseared side in fat on bottom of Cooker. For a 4 or 5 lb. roast, cook 40 minutes at 15 pounds pressure.

VEAL

BREADED VEAL

Salt and pepper the veal steak, roll it in fine bread or cracker crumbs, dip it in beaten egg, then roll it in crumbs. Fry in hot fat on bottom of Cooker until a golden brown. Put bits of butter over the top and a little cream, if desired. Cook for 15 minutes at 15 pounds pressure.

FRICASSEE OF VEAL

1½ lbs. veal steak cut from the round, dredge with seasoned flour, fry in hot fat on bottom of Cooker until light brown. Add medium size onion, 2 stalks celery, 1 sliced carrot. Cook for 15 minutes at 15 pounds pressure. Take meat up on platter and place vegetables around it. Add 1 cup boiling water and 2 tablespoons of fat to the juice in which the meat has been cooked. Thicken with 2 tablespoons of flour.

ROAST VEAL

Season meat, dredge with flour, sear on three sides, place unseared side in fat on bottom of Cooker. For a 5 or 6 lb. roast, cook 50 minutes at 15 pounds pressure. For smaller roasts, allow 10 minutes to the pound.

STUFFED VEAL STEAK

1¾ lb. sliced veal ½ teaspoon pepper
½ teaspoon salt 1 egg slightly beaten
1 cup dry bread crumbs Milk to moisten crumbs

Wipe the slice of veal steak and spread with a dressing made of the remaining ingredients. Roll up and tie with a string or fasten with skewers. Roll in flour and delicately brown in drippings on bottom of Cooker. Cook for 30 minutes at 15 pounds pressure.

JELLIED VEAL

Boil a piece of veal and fresh pork together 40 minutes at 15 pounds pressure. When nearly cooked, add 1 bay-leaf, 4 cloves, 2 slices onion, 8 peppercorns, ¼ cup chopped celery. Strain the stock, take 3 cupsful and boil, add 3 tablespoons gelatin, which has been soaked in cold water. Cool, add 1 tablespoon lemon juice, 3 cups meat cut in dice, a little chopped celery and pimento. Mold. Capers may be added, if desired.

GYPSY STEW

Boil a veal shank until tender. Separate the meat from the bones, cut the meat in small pieces. Add 2 cups cooked rice, 1 can tomatoes, 1 can peas, ¼ green pepper, ½ onion, the strained stock in which the veal was cooked and butter, if necessary. Season.

CHOP SUEY

1 lb. pork steak 1 bunch celery
1 lb. veal steak 3 or 4 onions
Salt and pepper

Cut the meat in half inch cubes, brown in drippings; add celery which has been cut in inch pieces and onion chopped. Brown slightly, cover with

water and cook for 35 minutes at 15 pounds pressure. Thicken, season with salt and pepper and serve on very hot rice.

VEAL BIRDS

1¼ lbs. veal round steak, cut as thinly as possible. Poultry Dressing. Cut the veal in five pieces about three inches wide and four inches long. Spread a layer of the dressing over each piece of meat. Roll and fasten with toothpicks. Season with salt and pepper, roll in flour and brown in drippings. Add ½ cup boiling water. Cook for 35 minutes at 15 pounds pressure.

HAM

BOILED VIRGINIA HAM

Freshen if needed, but a good ham needs only scalding and scraping. Cover partly with water, seeing that the lean part is under water. For a ham weighing from 6 to 8 lbs., cook 50 minutes under 15 lbs. pressure. Slice and serve with horse-radish, mustard or any relish. If it is to be sliced cold it should be turned into a crock or earthen jar and allowed to cool in the liquor until perfectly cold. If to be served hot, place in the inset dish, sprinkle with a little sugar or spread a very little syrup and cinnamon over the ham and brown in a quick oven with a little of the liquor. The white of an egg spread over the ham makes it brown quickly.

HAM SLICES

2 slices of ham, 1½ inches thick. Sear the ham quickly on bottom of Cooker, then place one slice above the other in inset dish. Cook for 20 minutes at 15 pounds pressure.

HAM SHANKS—CABBAGE

Place two medium sized ham shanks in inset dish. Cook 30 minutes. Release pressure, uncover, place cabbage cut in quarters or shredded, with ham. Cook 10 minutes longer at 15 pounds pressure.

STEAM SPICED HAM

Soak one cottage ham for several hours in cold water. These cottage hams are less expensive and there is no waste to them. They usually weigh about two pounds, but need soaking as they contain more salt than the more expensive hams. Make a paste of ½ cup bread crumbs, 2 tablespoons vinegar, ½ teaspoon mustard, 2 tablespoons brown sugar. Rub this paste over the ham. Place in inset dish without water and cook for 45 minutes at 15 pounds pressure.

HAM WITH SUGAR AND CLOVES

Place ham weighing 6 lbs. to 8 lbs. in Cooker with three cups of water and cook 20 minutes at 15 lbs. pressure. Release pressure, open Cooker, take out ham, which is parboiled, throw away water, rinse Cooker.

Remove outside skin of ham, if any, spread over with mustard, sugar and stick in cloves, 1 inch apart. Add two tablespoons of cooking oil and bake ham in Cooker for 30 minutes at 15 lbs. pressure. For 10-lb. hams, add 10 minutes to the cooking period.

PORK

ROAST LOIN OF PORK

Season with salt and pepper, sear one side and both ends. Place unseared side in fat on bottom of Cooker. Cook a 5 or 6 lb. roast 60 minutes at 15 pounds pressure. If loin is from young pig, reduce time 10 or 15 minutes. If an old loin, cook 10 or 12 minutes to the pound, if meat is desired well done.

SPARE RIBS WITH SAUERKRAUT

Sear the ribs in fat on bottom of Cooker, add salt and pepper. Cover with sauerkraut. Cook for 20 minutes at 15 pounds pressure.

CHICKEN

CHICKEN A LA KING

1½ tablespoons chicken fat
1 tablespoon cornstarch
¾ cup chicken stock
½ level teaspoon salt
1 egg yolk

1 level cup cold cooked chicken, cut
in strips
½ level cup sliced mushrooms
2 tablespoons pimento, cut in
strips

Heat the fat, add the cornstarch and stir until well blended, then add the stock and milk gradually. Bring to the boiling point, add salt, chicken, mushrooms and pimentos. Just before serving, add egg-yolk, slightly beaten.

CHICKEN PIE

Cut up a chicken into serving portions. Season with salt and pepper and add ½ cup of boiling water. Cook for 30 or 40 minutes, depending on the fowl, at 15 pounds pressure. Take up into a baking dish, thicken the stock, cover with biscuit dough and bake in a hot oven for 20 minutes.

ROAST CHICKEN

If there is any one meat dish that is more popular than all others, it is good Roast Chicken. The three prime requisites are that it shall be thoroughly cooked, juicy, tender and nicely browned.

This excellent result can best be accomplished in a Pressure Cooker. The first consideration is the proper cooking time for good results.

Young Chicken, 3 to 4 lbs. weight, 20 minutes.

Young Chicken, 5 to 7 lbs. weight, 30 minutes.

Year old bird, less than 8 lbs., 30 minutes.

Three year old rooster, 45 minutes.

To roast young chicken, place the Cooker over the flame so as to have it hot when the chicken is ready. Prepare the fowl in the usual way and stuff it, if desired. Take out neck bone, folding down the skin neatly on the breast and skewer it in position.

Tie the wings close to the side of the body. Fasten the legs down so that they help to make a flat surface with the breast.

If the Cooker is hot, place the chicken right on the bottom of Cooker and sear it, using a little butter or chicken fat. Then add the desired seasoning, also not more than two tablespoons of water, one is plenty for a small chicken or a fat one.

Close the Cooker in the proper way and cook for the length of time as directed in preceding paragraph.

Be sure to lower the flame or reduce the heat when the indicator on the dial points to 15 lbs. pressure, keeping the indicator steadily at this point. When the cooking time is completed, open petcock, releasing pressure slowly and when indicator returns to zero, open the Cooker.

STEAMED CHICKEN

Stuff fowl as for roasting. Put water in Cooker up to rack, place fowl on rack. Cook 30 minutes at 15 pounds pressure. Remove and brown under broiler or place in oven from 15 to 20 minutes. Thicken water in bottom of Cooker, use for gravy. Chicken or duck cooked this way are very delicious.

CHICKEN FRICASSEE

Cut up a 5 lb. dressed fowl, season and dredge with flour, brown in drippings. Put in inset dish and cook for 25 minutes at 15 pounds pressure.

FRIED CHICKEN

Cut up a chicken into serving portions, dredge in seasoned flour, brown in hot butter or bacon drippings on the bottom of the Cooker. Cook for 20 minutes at 15 pounds pressure. Use no water in Cooker.

POULTRY DRESSING

1½ cups bread crumbs	1 teaspoon chopped onion
½ teaspoon poultry seasoning	½ teaspoon chopped parsley
1½ tablespoon butter	Salt and pepper

Add sufficient water to bind the dressing together.

VEGETABLES

GENERAL DIRECTIONS

Place water in Cooker up to rack. When vegetables are fresh, no water is needed in dish with vegetables and 8 to 10 minutes is sufficient to cook them. If vegetables are old, a longer time is required and in cooking old vegetables such as beets, rutabagas and string beans, better results will be obtained if a little water is added. In cooking large amounts as for canning, they can be placed on the rack without the inset dishes.

Dried vegetables such as lima beans, split peas, hominy, lentils, kidney beans, etc., are improved by soaking over-night. They may be cooked without soaking if covered with plenty of water, but cooking time must be doubled.

BUTTERED ASPARAGUS

Prepare for cooking in the ordinary way. Place water in Cooker up to rack. Season, dot with butter and cook for 6 minutes at 15 pounds pressure.

BAKED BEANS

Boston Style

Beans, salt pork, sugar, molasses, salt, mustard and onion. To obtain best results, soak beans overnight, drain, put in inset dish with enough water to cover, dice pork and add to beans. Add seasoning to taste. Place water in Cooker up to rack. Cook 40 minutes at 15 pounds pressure. The amount of ingredients to be used is determined by the number of people to be served.

BAKED BEANS

Chicago Style

Use the ordinary navy pea bean. Wash thoroughly two cups of beans, put in the Cooker with 1½ quarts of cool water. Fasten the top of Cooker properly and let the pressure go to 15 pounds. Turn the fire low and hold the pressure for 20 minutes. Then take Cooker off the fire and release the steam very slowly. Take cover off and pour the beans into a dish.

Have about four slices of bacon or salt pork ready, placing them in the bottom of the Cooker to brown while you are seasoning the beans. When well browned, move Cooker to one side and add a heaping tablespoon of sugar to the fat, stir until dissolved and brown.

Pour some of the water off the beans, leaving enough so that it is around the edges, but not covering the beans. Season with salt and pepper. Mince an onion and add it to the beans, then add either two tablespoons of catsup or the same amount of molasses.

Pour the beans back into the Cooker and stir the sugar and fat all through them. Place the cover on and cook for 10 minutes at 15 pounds pressure.

LIMA BEANS AND BACON

Place dried lima beans in inset dish to within one-half the top of the dish, dice bacon and place in beans. Season. Cover with water almost to top of dish, cook 20 minutes at 15 pounds pressure. If beans are soaked over-night, 10 minutes is sufficient.

SHELL BEANS

Wash one quart beans, put in inset dish with ½ cup boiling water. Cook for 10 minutes at 15 pounds pressure. Season with butter and salt before serving.

BEETS.

Wash beets carefully, leaving roots and 2 inches of stems on. Cook for 30 minutes at 15 pounds pressure. When done, drop in cold water, peel and chop them. Season with butter, salt, pepper, a little vinegar and about $\frac{1}{2}$ teaspoon of sugar. Re-heat if necessary.

CREAMED CABBAGE

Shred or chop $\frac{1}{3}$ of a medium sized cabbage. Put into an inset dish, adding $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ cup of boiling water. Cook for 10 minutes at 15 pounds pressure.

CARROTS WITH BROWN SAUCE

Scrape and slice the carrots, put in a pan, adding a little salt and about $\frac{1}{4}$ cup boiling water. Cook 5 minutes at 15 pounds pressure. To make the brown sauce, brown the butter and flour together before adding the milk. When carrots are done, mix with the brown sauce.

CREAMED CAULIFLOWER

Strip the outer leaves from a cauliflower. Soak it for about $\frac{1}{2}$ hour in cold salt water, $1\frac{1}{2}$ tablespoons of salt to one cup of water. Separate the sections, sprinkle with salt and put in about $\frac{1}{4}$ cup of boiling water. Cook for 8 minutes at 15 pounds pressure. Drain and serve with white sauce. See page 46).

CORN-ON-COB

Use the small pins on the rack. Place two cups of water in bottom of Cooker. Place corn on rack, cook 8 minutes at 15 pounds pressure.

CREAMED CELERY

$1\frac{1}{2}$ or 2 cups celery, cut in pieces. Use outside stalks for cooking and save the heart to be eaten raw. Place in inset dish with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ cup boiling water. Cook for 10 minutes at 15 pounds pressure. Serve with white sauce (see page 46).

CORN CUSTARD

2 cups corn	$\frac{1}{2}$ cup cracker or bread crumbs
$1\frac{1}{2}$ cups milk	2 eggs
3 tablespoons butter	2 tablespoons corn starch
2 teaspoons sugar	Salt and pepper

Mix all together and pour into buttered inset dish. Cook for 15 minutes at 15 pounds pressure.

SCALLOPED CORN—BUTTERED POTATO BALLS

Pare potatoes and cut into balls, put into inset dish. Pour over them one can of corn. Dot with butter and season. Cook for 15 minutes at 15 pounds pressure.

HOMINY AU GRATIN

Drain one can hominy and mix with one cup grated cheese, $\frac{1}{2}$ cup thin cream sauce well seasoned. Pour into inset dish. Cover with toasted buttered crumbs. Cook for 10 minutes at 15 pounds pressure.

ITALIAN SPAGHETTI

$\frac{1}{2}$ cup hot water	4 peppercorns
$\frac{1}{2}$ can tomatoes	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ tablespoon sugar	1 heaping tablespoon onion, chop-
2 tablespoons butter	ped fine
2 tablespoons flour	Grated cheese, if desired

Bit of bay-leaf, parsley, celery or celery salt

Cook the tomatoes with the onion, peppercorns and other seasonings. Rub through a strainer. Brown the butter, add the flour, then the tomato juice. Pour over the hot spaghetti. Sprinkle the top with grated cheese, if desired.

To prepare the spaghetti, break in pieces $\frac{3}{4}$ cup of spaghetti or leave whole. If left whole, hold the sticks over hot water until they soften

sufficiently to get in the dish without breaking. Cook for 5 minutes in boiling salted water. Drain. Cook the spaghetti for 15 minutes at 15 pounds pressure.

MACARONI AND CHEESE

1½ cups macaroni	1½ cups white sauce
½ cup grated cheese	1½ cups buttered crumbs

Cook the macaroni 15 minutes at 15 pounds pressure. Put a layer of boiled macaroni into a buttered inset dish, sprinkle over it one-half of the grated cheese and add one-half of the white sauce (see page 46). Repeat. Put buttered crumbs on top and cook for 10 minutes at 15 pounds pressure.

BUTTERED ONIONS

Slice onions into inset dish, salt, pepper and dot with butter. Cook 10 minutes at 15 pounds pressure.

SCALLOPED ONIONS

6 or 7 onions	1 cup white sauce
Buttered bread crumbs	

Slice the onions and parboil them for 10 or 15 minutes. Drain and arrange in a buttered dish with alternate layers of white sauce (see page 46). Cover with buttered bread crumbs. Cook 10 minutes at 15 pounds pressure.

FRIED PARSNIPS

Scrape parsnips, cook for 10 minutes at 15 pounds pressure. Remove from Cooker, slice and brown in a small amount of drippings.

STUFFED GREEN PEPPERS

5 green peppers	½ onion, finely chopped
½ cup bread crumbs	½ cup lean raw ham, finely chopped
½ cup brown gravy	Salt and pepper
Buttered bread crumbs	

Cut a slice from end of each pepper, remove seeds and parboil peppers five minutes. Mix the filling, season and fill the peppers. Cover the tops with buttered bread crumbs. The seeds have a very strong flavor so care must be taken to remove each one. Cook for 20 minutes at 15 pounds pressure.

BRAISED SWEET POTATOES

Trim the rind from a thick slice of ham, sear it well in hot fat. On the ham, place very thick slices of sweet potatoes that have been pared. Turn them once while browning. Cook 15 minutes at 15 pounds pressure.

CREAMED POTATOES

Place 7 or 8 medium sized pared potatoes in inset dish. Cover with a layer of raw sliced onion. Cook 15 minutes at 15 pounds pressure. When ready, serve with cheese sauce.

GLAZED SWEET POTATOES

Wash and pare five large sweet potatoes and cut in halves lengthwise. Roll in brown sugar. Brown quickly in a little bacon drippings, then place in inset dish. Cook 12 minutes at 15 pounds pressure.

MAITRE D'HOTEL POTATOES

Wash, pare and shape potatoes in balls or cubes, using a vegetable cutter. There should be 2½ or 3 cups of these. Soak 15 minutes in cold water. Drain. Place in inset dish with ¼ cup of boiling water. Cook 10 minutes at 15 pounds pressure. Drain and serve with Maitre d'Hotel Butter. (See page 46).

POTATOES O'BRIEN

Take 2 cups cooked potatoes, diced ½ cooked green pepper or pimento and place them in a buttered inset dish; make a white sauce (see page 46)

to be poured over the potatoes. Cover with buttered crumbs. Cook for 15 minutes at 15 pounds pressure.

SCALLOPED POTATOES

Butter an inset dish, put in a layer of sliced cold boiled potatoes, then a layer of white sauce to which grated cheese has been added, then another layer of potatoes and cheese sauce. Put buttered crumbs on top. Cook for 15 minutes at 15 pounds pressure.

HUBBARD SQUASH

Break the squash in several pieces, wash and remove seeds. Place in inset dish without water. Cook for 15 minutes at 15 pounds pressure. When done, scoop out the squash, season with butter, salt and pepper and serve hot.

SCALLOPED TOMATOES

Put sliced tomatoes and bread crumbs in layers in an inset dish, seasoning with salt, pepper, dots of butter and onion juice, if desired. Have the top layer of bread crumbs and butter. Grated cheese, green peppers or parsley may be added. Cook for 15 minutes at 15 pounds pressure.

STUFFED TOMATOES

Cut off tops of tomatoes and fill with the following filling. 1 cup cooked rice, the chopped tomato removed from the tomato cups, medium sized onion, grated, 1 teaspoon salt, paprika and 1 tablespoon of sugar. Cook for 15 minutes at 15 pounds pressure.

DESSERTS

BUTTERSCOTCH APPLES

5 apples	$\frac{1}{8}$ teaspoon salt
$\frac{2}{3}$ cup brown sugar	$\frac{1}{2}$ to 1 tablespoon butter
$\frac{3}{4}$ cup milk	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ tablespoon corn-starch	

Wash the apples, remove cores, place in an inset dish and sprinkle with sugar.

Having the Cooker hot with water in it up to the rack, place the inset dish on the rack and close the Cooker. Cook for 10 minutes at 15 pounds pressure. When done, release the pressure slowly in order that apples may retain their shape. They may be served with a sauce made as follows:

Mix corn-starch and sugar together and cook in hot milk, adding a little of the Apple Syrup. Boil this mixture for a few minutes, add the salt, butter and vanilla, stirring together, then pour this sauce over the apples. These may be served hot or cold.

FANCY APPLES

5 medium sized tart apples
Syrup made from the following:

1 cup water	2 tablespoons chopped raisins
$\frac{1}{2}$ cup sugar	2 tablespoons chopped candied cherries
Juice of $\frac{1}{4}$ lemon	2 tablespoons chopped pineapple
$\frac{1}{4}$ teaspoon grated rind	2 tablespoons chopped almonds

Cook all together until a good syrup is formed.

Place the apples in an inset dish, sprinkle them with sugar and cook for 10 minutes at 15 pounds pressure. When done, place in individual serving dishes, taking care to keep the apples whole. Pour the syrup over them and serve cold with whipped cream.

It is not necessary to have all the ingredients for this syrup. Raisins alone may be used if the other things are not available.

NOTE:—When cooking whole apples, to get best results, let pressure drop back to zero without releasing steam through petcock.

QUICK APPLE PUDDING

3 sour apples
¼ lemon
1 tablespoon butter

2 eggs
½ cup sugar
Spice

Peel and grate the apples. Add the juice, the grated rind of lemon, the well beaten egg yolks and butter creamed with the sugar. Season with a little cinnamon or nutmeg, then fold in the stiffly beaten whites of the eggs. Pour into buttered inset dish and cook 12 minutes at 15 pounds pressure. Serve cold with cream.

STEAMED APPLE PUDDING

2 cups flour
4 teaspoons baking powder
½ teaspoon salt

4 tablespoons butter
¾ cup milk
4 apples, cut in eighths

Mix the dough as for baking powder biscuits. Roll out the dough, spread the apples on it, sprinkling with sugar and cinnamon. Roll the dough and apples as for a cinnamon roll. Slice the roll in five slices. Place in buttered inset dish. Steam for 10 minutes with the petcock open, then close petcock and cook for 35 minutes at 15 pounds pressure. Serve with vanilla sauce (see page 47).

APPLE TAPIOCA

6 tablespoons Pearl tapioca
1¼ cups cold water
1 cup boiling water

5 sour apples
¾ cup sugar
Pinch of salt

Soak the tapioca in cold water an hour or more, drain and add boiling water and salt. Core and pare the apples, put in buttered inset dish. Spread the sugar, then the tapioca and cook 15 minutes at 15 pounds pressure. Serve with sugar and cream.

BLUEBERRY PUDDING

2 cups flour
4 teaspoons baking powder
½ teaspoon salt

2 tablespoons butter
½ cup milk
¾ cup blueberries
½ cup sugar

Work butter into sifted dry ingredients, omitting sugar. Mix milk in gradually with knife. Roll out in sheet ½ inch thick, sprinkle with berries and sugar. Carefully roll to resemble jelly roll. Place in greased inset dish and steam 15 minutes with the petcock open, then close the petcock and cook for 15 minutes at 15 pounds pressure. Cover carefully with a thick towel. Serve with cream or hard sauce (see page 46).

BROWN BREAD

2 cups whole wheat meal
1 cup cornmeal
1 cup rye meal
1 teaspoon salt

5 tablespoons baking powder
4 tablespoons honey
2 cups milk
Currants

Mix dry ingredients, add milk and honey. Beat well, put into molds. Place sufficient water in Cooker to come above rack, place molds in Cooker.

Steam with petcock open for 15 minutes, close petcock, cook for 10 minutes at 10 pounds pressure, raise pressure to 15 pounds and cook for 10 minutes at 15 pounds pressure.

Open petcock and allow Cooker to steam dry. Let stand on stove for a few minutes to ripen.

BROWN BETTY

3 medium sized apples
1 cup stale bread crumbs
¼ cup butter

¼ cup sugar
½ teaspoon cinnamon
Juice and rind of half lemon

Pare, quarter, core and slice the apples. Melt the butter and pour it with the lemon juice over the crumbs. Mix the cinnamon, grated lemon

rind and sugar together. Butter an inset dish or Pyrex dish. Put in alternate layers of apples and bread crumbs, sprinkling the apples with sugar mixture and making the last layer of bread crumbs. Put water in Cooker up to rack. Cook 20 minutes at 15 pounds pressure. Water may be added to pudding if desired. Serve with or without sauce. (See Lemon Sauce, page 47).

It may be browned in a hot oven for a few minutes or after emptying the water out of the Cooker, heat it over the flame and place inset dish within for a few minutes.

CARAMEL CUSTARD

3½ cups scalded milk	1 teaspoon vanilla
4 eggs	½ cup caramelized sugar
	½ teaspoon salt

Add caramelized sugar to milk and heat until dissolved. As soon as sugar is melted in milk, add mixture gradually to eggs slightly beaten. Add salt and flavoring. Cook in buttered inset dish 10 minutes at 15 pounds pressure. Chill and serve with caramel sauce.

STEAMED CHERRY PUDDING

½ cup butter	1¼ tablespoon baking powder
1 cup sugar	½ cup milk
3 eggs	1½ cups cherries, stoned and drained
	3½ cups flour

Mix in the order given. Pour into greased cups or molds and steam one hour with the petcock open. Use one and one-half quarts of water in Cooker. Close the petcock and cook 15 minutes at 15 pounds pressure. Serve with fruit or hard sauce (see page 46).

CHOCOLATE BREAD PUDDING

Soak one cup of bread crumbs in two cups scalded milk for 30 minutes. Melt two squares bitter chocolate and mix with ½ cup sugar and enough milk taken from bread to make proper consistency to pour. Add seasoning and one egg slightly beaten. Combine with bread crumbs and pour into a greased inset dish. Place water in Cooker up to the rack and cook 40 minutes at 15 pounds pressure.

CHOCOLATE CUSTARD

Heat 2½ cups of milk, add 2 tablespoons melted chocolate. Cook slightly. Add 3 beaten eggs, ½ cup sugar and ½ teaspoon vanilla. Pour in individual custard cups and place in inset dish. Cook for 10 minutes at 15 pounds pressure.

CHRISTMAS FRUIT CAKE (Fancy)

½ cup butter	2 teaspoons baking powder
¾ cup brown sugar	¼ teaspoon soda
½ cup white sugar	1 teaspoon cinnamon
½ cup molasses	½ teaspoon allspice
2½ cups flour	¼ teaspoon mace
3 eggs	¼ teaspoon cloves
½ cup milk	½ teaspoon lemon extract

2 cups fruit and nuts cuts in pieces (or in some cases left whole)

The following may be used:

Chopped almonds	Currants
Grated cocoanut	Brazil nuts
Finely cut citron	Candied cherries
Raisins	Pineapple
Dates	Figs
	Walnut meats

The method is the same as for ordinary butter cakes. The fruit is dredged with flour. The raisins seeded and cut into small pieces. The

cakes may be weighed before cooking, a cake weighing a pound is a standard size. To get best results, put cakes in molds, have the boiling water in the Cooker come half way up the sides of the molds. Put the cover of the Cooker on without clamping it and steam with petcock wide open for 30 minutes then close the petcock and cook for one hour at 15 pounds pressure.

CHRISTMAS FRUIT CAKE (Plain)

- | | |
|-------------------------------|--------------------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ cup milk |
| $\frac{3}{4}$ cup brown sugar | 2 cups flour |
| $\frac{3}{4}$ cup raisins | $\frac{1}{2}$ teaspoon soda |
| $\frac{3}{4}$ cup currants | 2 teaspoons baking powder |
| $\frac{1}{2}$ cup citron | 1 teaspoon cinnamon |
| $\frac{1}{4}$ cup molasses | $\frac{1}{2}$ teaspoon allspice |
| $\frac{1}{4}$ cup white sugar | $\frac{1}{4}$ teaspoon mace |
| 2 eggs | $\frac{1}{4}$ teaspoon cloves |
| | $\frac{1}{2}$ teaspoon lemon extract |

Use the same method as for Fancy Fruit Cake in preceding recipe.

CHRISTMAS PUDDING

- | | |
|---|---------------------------------|
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{4}$ teaspoon cinnamon |
| 1 lb. currants | $\frac{1}{2}$ lb. suet |
| $\frac{1}{4}$ lb. citron, lemon and orange peel mixed | $\frac{1}{4}$ lb. butter |
| 1 lb. raisins | 1 cup milk |
| $\frac{1}{2}$ teaspoon each mace, cloves and nutmeg | 6 eggs |
| | 5 cups flour |

Put butter and sugar together, stir in beaten yolks of eggs and milk, add flour, beaten whites of eggs, spices, fruit cut fine, dredged with flour. Place in moulds or cans and these in turn are placed within the Cooker, after one and one-half quarts of hot water has been poured in below the rack. Steam without pressure, at least an hour in cans or moulds. When this is completed the petcock may be closed and the cooking continued for 10 minutes at 15 pounds pressure. Release the steam slowly and remove the cans or moulds from the Cooker.

CRACKER RAISIN PUDDING

- | | |
|----------------------------------|-------------------------|
| 4 buttered crackers | Pinch of salt |
| $\frac{1}{4}$ cup seeded raisins | Pinch of nutmeg |
| 1 egg | 1 cup of milk |
| | $\frac{1}{4}$ cup sugar |

Split the crackers and place them in a buttered inset dish with the raisins, beat the eggs, add the sugar, salt, nutmeg and milk. Pour the mixture over the crackers. Place dish in the Cooker which has two cups of hot water below the rack and cook for 15 minutes at 15 pounds pressure.

DATE PUDDING

- | | |
|---|---------------------------|
| 1 lb. dates, chopped fine | $\frac{3}{4}$ cup sugar |
| $\frac{1}{2}$ cup beef suet, chopped fine | 1 egg |
| $\frac{3}{4}$ cup grated bread crumbs | $\frac{1}{2}$ cup milk |
| 2 heaping teaspoons flour | 3 teaspoons baking powder |

Mix all together thoroughly and put in greased inset dish. Use one quart of water in Cooker and cook for the first 15 minutes with the petcock open, then close petcock and steam 25 minutes at 15 pounds pressure.

DATE TORTE

- | | |
|---------------------------|--------------------------------|
| 2 eggs | $\frac{1}{2}$ lb. dates |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ cup chopped nuts |
| 3 heaping teaspoons flour | Whipped cream |
| | 1 teaspoon baking powder |

Mix and sift the dry ingredients. Beat the egg yolks, add sugar, then the fruit and nuts which have been dredged in flour. Add flour and lastly,

fold in beaten whites of the egg. Place in buttered inset dish, putting it on the rack within the Cooker, one quart of hot water underneath. Steam for 15 minutes with the petcock open, then cook for 25 minutes at 15 pounds pressure.

STUFFED FIG PUDDING

Take $\frac{1}{4}$ cup of bread crumbs, $\frac{1}{2}$ cup chopped nuts, one egg, 2 tablespoons of brown sugar, mix them together. Fill 10 or 12 pressed figs with this paste. Place them in inset dish and cook for 12 minutes at 15 pounds pressure. These may be served with hard sauce (see page 46) or whipped cream.

CHERRY TAPIOCA

1 cup stoned cherries	$\frac{3}{4}$ cup tapioca
1 cup sugar	4 cups sugar

Soak the tapioca two hours in cold water. Add sugar and cherries. Cook for 12 minutes at 15 pounds pressure. Make a meringue of white of an egg and 3 tablespoons of sugar. Put over top of pudding and brown in oven or under the broiler.

GINGER PUDDING

$\frac{1}{2}$ cup butter	$3\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
1 egg	2 teaspoons ginger
$2\frac{1}{4}$ cups flour	1 cup milk

Cream the butter with sugar. Add egg well beaten, then milk and sifted dry ingredients. Pour into greased inset dish, cover with cloth. Use one quart of water in Cooker. Cook for 15 minutes with petcock open, then for 20 minutes with petcock closed, at 15 pounds pressure. Serve with whipped cream.

GRAHAM DATE AND NUT BREAD

$1\frac{1}{2}$ cups Graham flour	$\frac{1}{2}$ cup white flour
$\frac{1}{2}$ cup brown sugar	$1\frac{1}{2}$ teaspoon baking powder
$\frac{3}{8}$ teaspoon soda	$\frac{1}{2}$ teaspoon salt
1 tablespoon fat	$\frac{1}{4}$ cup nut-meats
$\frac{1}{4}$ cup dates, chopped	$\frac{1}{2}$ cup sweet milk
$\frac{1}{2}$ cup sour milk	1 egg yolk

Mix and sift the dry ingredients. Beat egg, add milk and shortening. Combine the two mixtures and pour into greased inset dishes or molds, filling them within one inch of the top. Place dishes on the rack with one and one-half quarts of water underneath. Steam with petcock open for 15 minutes, then close petcock and cook 40 minutes at 15 pounds pressure.

LA FAYETTE PUDDING

1 cup rolled cracker crumbs	$1\frac{1}{2}$ cups boiling water
$\frac{1}{2}$ cup molasses	1 teaspoon vanilla
1 cup raisins	$\frac{1}{4}$ teaspoon salt

Pour water over the crumbs, let stand five minutes, press out any excess of water. Add remaining ingredients, mix well. Spread in a buttered inset dish. Serve with hard sauce (see page 46).

LEMON PUDDING

6 small slices stale bread	3 tablespoons sugar
Lemon mixture	2 eggs
$\frac{1}{3}$ cup milk	Grated rind of 1 lemon
	$\frac{1}{8}$ teaspoon salt

- Spread bread with lemon mixture and arrange in buttered inset dish. Beat eggs slightly, add sugar, salt and milk. Strain, then add lemon rind and pour mixture over bread. Cover with cloth and place in inset dish. Put inset dish within Cooker and cook 15 minutes at 15 pounds pressure.

To make lemon mixture, cook three tablespoons lemon juice, grated rind

of 1 lemon and $\frac{1}{4}$ cup butter, two minutes. Add one cup sugar and three eggs, slightly beaten. Cook until mixture thickens. Cool.

PEACH DELIGHT

1 $\frac{1}{4}$ cups flour	$\frac{1}{3}$ teaspoon salt
$\frac{1}{2}$ cup sugar	1 egg, beaten light
2 teaspoons baking powder	2 tablespoons melted butter
$\frac{1}{2}$ cup milk	$\frac{3}{4}$ cup sliced peaches

Mix as for butter cake. Pour into buttered inset dish or molds. Use one quart of water in Cooker. Steam with the petcock open for 10 minutes, then close petcock and cook for 35 minutes at 15 pounds pressure. Serve with cream sauce (see page 46).

POTATO AND CARROT PUDDING

2 tablespoons fat	$\frac{1}{4}$ cup nut-meats
$\frac{1}{2}$ cup grated raw carrot	1 egg
$\frac{1}{2}$ cup grated raw potato	1 $\frac{1}{2}$ teaspoon baking powder
$\frac{1}{4}$ cup brown sugar	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{2}$ cup seeded raisins	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ teaspoon salt	$\frac{1}{8}$ teaspoon cloves
$\frac{3}{4}$ cup flour	

Cream the butter, add sugar and beat, add eggs and beat. Add vegetables. Mix and sift baking powder and spices with the flour and beat. Then add the fruit dredged with a small part of the flour. Pour into inset dish. Use one quart of water in Cooker. Steam the pudding with the petcock open for 15 minutes, then close the petcock and cook for 40 minutes at 15 pounds pressure. Serve with pudding sauce.

PRUNE BETTY

Moisten one cup of soft bread crumbs with two tablespoons of melted butter. Use one cupful of pitted prunes. Put the buttered crumbs and prunes in layers in a buttered inset dish. Sprinkle each layer with a tablespoon of sugar, squeezing a little lemon juice on it. Pour over one cupful of prune juice.

Place Cooker over the fire with hot water in it up to the rack. Place dish of pudding within the Cooker and cook for 15 minutes at 15 lbs. pressure.

PRUNE WHIP

To 1 cup of prune pulp, add 4 tablespoons sugar and 1 teaspoon lemon juice. Fold into this mixture the stiffly beaten whites of two eggs. Place in buttered molds or casserole in inset dish. Cook 10 minutes at 15 pounds pressure.

RICE PUDDING

$\frac{1}{3}$ cup rice	Speck of grated nutmeg
$\frac{1}{4}$ teaspoon salt	1 $\frac{1}{2}$ cups hot milk
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ cup raisins

Wash the rice thoroughly. Mix in inset dish with the other ingredients and add the hot milk. Flavor with $\frac{3}{4}$ teaspoon vanilla or speck of nutmeg. Place the inset dish within the Cooker and cook for 20 minutes at 15 pounds pressure.

SUET PUDDING

$\frac{3}{4}$ cup finely chopped suet	$\frac{1}{4}$ teaspoon ginger
$\frac{3}{4}$ cup molasses	$\frac{1}{4}$ teaspoon cloves
$\frac{3}{4}$ cup milk	$\frac{1}{4}$ teaspoon nutmeg
$\frac{3}{4}$ cup flour	1 teaspoon cinnamon
1 teaspoon salt	1 teaspoon soda

Mix and sift the dry ingredients. Mix molasses and milk, adding to first mixture. Turn into a greased mold. Lay a cloth over the top. Use one quart of water in Cooker. Steam without pressure for 10 minutes. Then cook 30 minutes at 15 pounds pressure. Serve with sterling sauce (see page 47).

FISH AND MEAT SAUCES

EGG SAUCE

$\frac{1}{3}$ cup butter
 3 tablespoons flour
 $1\frac{1}{2}$ cups hot water

2 egg yolks
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 1 teaspoon lemon juice

Melt one-half the butter, add flour with seasonings and pour hot water on gradually. Boil five minutes, adding beaten egg yolks, then the remainder of the butter and stir.

MEDIUM WHITE SAUCE

2 tablespoons butter
 2 tablespoons flour

1 cup milk
 Salt and pepper

Melt the butter, add the flour, stir until well blended, add milk gradually and stir until thick and smooth.

MINT SAUCE

$\frac{1}{4}$ cup chopped mint leaves
 $\frac{1}{2}$ cup vinegar,

$\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup sugar

Cook all together over a very slow fire for about $\frac{1}{2}$ hour. Serve hot.

HOLLANDAISE SAUCE

$\frac{1}{4}$ cup butter
 1 beaten egg yolk

$\frac{1}{2}$ tablespoon lemon juice
 Salt and Cayenne pepper

$\frac{1}{4}$ cup boiling water

Cream the butter, adding lemon juice, salt and Cayenne pepper gradually. Add boiling water slowly. Stir over boiling water until as thick as custard. Serve immediately.

MUSHROOM SAUCE

2 tablespoons butter
 1 slice carrot
 1 slice onion
 1 small piece bay-leaf
 Sprig of thyme

Sprig of parsley
 2 or 3 peppercorns
 2 tablespoons flour
 1 cup stock
 Salt and pepper

Cook butter with carrot, onion, bay-leaf, thyme, parsley and peppercorns until brown, stirring constantly, add flour, then stock gradually. Bring to boiling point, strain, season and add $\frac{1}{4}$ can mushrooms, which have been drained, rinsed and dried.

TOMATO SAUCE

2 tablespoons butter or bacon fat
 2 tablespoons flour
 1 slice of onion
 $\frac{1}{2}$ sprig of bay-leaf

Celery salt
 Parsley
 3 or 4 peppercorns
 3 cups tomatoes

Cook the tomatoes and seasoning together, strain, blend with fat and flour, then season with salt and pepper.

MAITRE D'HOTEL BUTTER

Cream 3 tablespoons butter, add 1 teaspoon lemon juice, $\frac{1}{2}$ teaspoon salt, pinch of pepper, $\frac{1}{2}$ tablespoon finely chopped parsley.

PUDDING SAUCES

CREAM SAUCE

2 tablespoons butter
 $\frac{1}{2}$ cup powdered sugar

$\frac{1}{2}$ teaspoon vanilla
 2 tablespoons milk or cream

Cream the butter and sugar together. Add the cream and cook it over hot water until creamy.

HARD SAUCE

$\frac{1}{3}$ cup butter

1 cup powdered sugar
 $\frac{1}{2}$ teaspoon flavoring extract

Cream the butter until very light, adding sugar slowly, beating until light and creamy. Add flavoring.

LEMON SAUCE

$\frac{1}{2}$ cup sugar
3 level teaspoons cornstarch
1 cup boiling water
 $\frac{1}{2}$ lemon
1 tablespoon butter

Mix the sugar and cornstarch thoroughly in a saucepan. Stir in the boiling water, add the butter and juice and grated rind of the lemon. Boil and stir until mixture is transparent.

STERLING SAUCE

$\frac{1}{2}$ cup butter
1 cup brown sugar
1 teaspoon vanilla
4 tablespoons cream or milk

Cream the butter, adding sugar gradually, then milk and flavoring.

VANILLA SAUCE

Mix thoroughly 1 tablespoon of corn-starch with $\frac{1}{2}$ cup of sugar and a speck of salt. Add 1 cup of boiling water and 1 tablespoon of butter. Cook until it thickens, stirring constantly. Add $\frac{1}{2}$ teaspoon vanilla and 1 teaspoon of vinegar. Candied or maraschino cherries cut in pieces may then be added to improve the sauce.

FRUITS

FRESH FRUITS for sauces should be cooked for five or ten minutes at 10 pounds pressure. Add sugar and re-heat. If fruit is desired whole, sugar may be added before the first cooking.

DRIED FRUITS should be soaked for several hours before cooking and cooked at 15 pounds pressure. If not convenient to soak prunes, they may be cooked for 15 minutes at 15 pounds pressure and will be found delicious. They must be covered with cold water in an inset dish.

Fruits for Jelly making should be cooked in sufficient water to come half way up to top of fruit. Cook for 15 minutes at 15 pounds pressure.

In a pamphlet issued by the Domestic Science Department of the Iowa Agricultural College the statement is made that by actual experiments, it has been found that from one-fourth to one-third more jelly is obtained from fruit when cooked in a Steam Pressure Cooker as compared with the open kettle method.

STEAMED BAKED APPLES

Select large firm cooking apples, remove center, fill with sugar and dot top with cinnamon. Put water in Cooker up to rack, cook 8 minutes at 15 pounds pressure. Allow pressure to go down to zero without releasing steam through petcock.

STEAMED PEARS (Canning Pears)

Halve and core five pears. Place in inset dish. After they have cooked for 20 minutes on the rack with a cup of water underneath, open Cooker and put from $\frac{1}{2}$ to $\frac{3}{4}$ cup of sugar over them and add a little ginger, if desired. Put them back in Cooker and cook for 10 minutes longer without pressure.

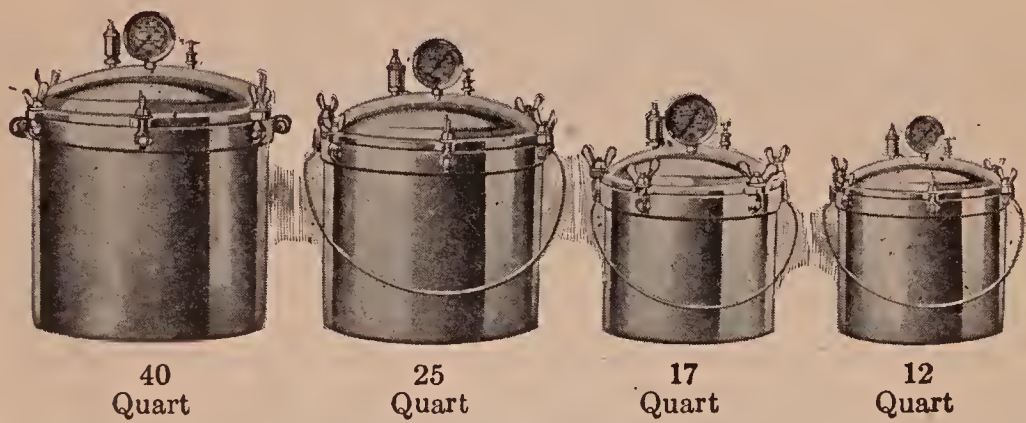
PUMPKIN OR CARROT MARMALADE

Scrape, slice, put through meat chopper twice, add one cup sugar to each cup of vegetable, and let stand over night. To a quart of this add juice of three lemons, a scant teaspoon each of allspice and cinnamon. Cook for 10 minutes at 15 lbs. pressure. Release the steam and boil down until thick. Be careful not to let it scorch.

CRANBERRY JELLY

To 2 quarts (8 cups) good cranberries add 4 cups boiling water. Cook for 10 minutes at 10 lbs. pressure, and release steam slowly by opening petcock only a little. Rub through fine colander, rinse Cooker with 1 cup boiling water and pour through the skins. Set over the fire, add 5 cups warmed sugar, boil hard for 5 minutes and turn into molds. If no seeds are desired, put through sieve after the colander but do this quickly while hot, as it ruins the jelly if the fruit begins to jell and is again broken. A wooden potato masher can be used when fruit is first turned out.

Best Sizes for Canning

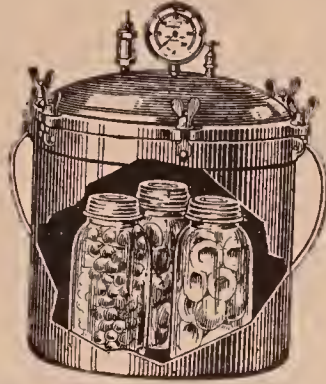


Dimensions and Capacities

Liquid Capacity, Quarts.....	12	17	25	40
Interior Diameter, Inches.....	10	11½	12½	14
Interior Height, Inches.....	9	10½	11½	15¼
Net Weight, Lbs.....	17	21	24	28
Shipping Weight, Lbs.....	23	28	32	40
Boxed for Export, Lbs.....	31	40	50	70
Will hold—Pint Jars.....	7	8	12	22
Will hold—Quart Jars.....	4	5	7	16
Will hold—2-Quart Jars.....	2	4	5	5
Will hold—No. 1 Cans (½ Pt.).....	18	25	28	32
Will hold—No. 2 Cans (Pt.).....	8	14	16	27
Will hold—No. 3 Cans (Qt.).....	6	8	10	21
Will hold—No. 10 Cans (Gal.).....	1	2	2	5

The above capacities are based on standard Mason jars.

CANNING



THE SIMPLEST METHOD OF CANNING WITH A PRESSURE COOKER— IT SAVES TIME

The Cold Pack Method of Canning consists of packing *the uncooked food* in the jars or cans and then cooking it in the closed jars and cans within the Pressure Cooker.

STEPS TO FOLLOW IN U. S. COLD PACK CANNING

Adapted from U. S. Government Bulletin No. 839.

After the materials have been cleaned and put into the shape in which they are to be canned, the canning procedure for most products consists of five steps—scalding or blanching, cold dipping, packing, processing or sterilizing, and sealing.

1. Select fresh, ripe, firm fruit or vegetables. Can fruits or vegetables the day picked or gathered, if possible. By so doing the canned products will be better and of a higher quality.

2. Grade for ripeness, size and quality. Wash thoroughly and prepare, trim peel, etc.

3. Scald or blanch. Place the product to be canned in a cheese cloth bag or wire basket, plunge into boiling water and allow it to remain there from 1 to 5 minutes, depending upon the kind of product. Follow the time-table for blanching and scalding.

In the case of greens the blanching is accomplished most satisfactorily in steam, as the mineral salts, valuable food, are retained. Such products may be put into a colander, set over a vessel of boiling water, and covered as tightly as possible. All vegetables are blanched, but fruits and soft berries are not.

4. Cold Dip. As soon as the product is removed from the boiling water or steam it should be dipped into cold, clean water, and immediately removed and drained for a few minutes.

5. Pack immediately into glass jars or sanitary cans that have previously been made ready. Cans or jars do not need to be full to keep, but in general it is advisable to pack full. Add one level teaspoon of salt to each quart of vegetables and fill with boiling water. Add syrup to fruits.

6. Sealing jars. Use scalded, new rubbers. With glass top jars put the cover in place and wire over top, leaving clamp up. With screw top jars, screw cover down tight, then loosen a quarter of a turn. With vacuum seal jars, put cover on and spring in place. Close the tin cans completely. Mark tin cans with pencil before placing in cooker to avoid mistakes.

7. Set cans or jars on rack in bottom of Cooker. Put in water up to rack; close the Cooker and when steam pressure begins open the petcock to release air until steam begins to come out, then close it. Begin counting time when pressure reaches point required by time table. Then, either turn down the flame or set Cooker to the back of the stove. In either case keep the pressure as nearly constant at on point as possible. This will prevent loss of liquids.

8. Allow the Cooker to cool until the steam gauge registers zero before opening the petcock. If the petcock is opened before gauge registers zero, the juices are drawn from the jars. If using tin cans, the petcock may be opened wide and the pressure allowed to run down rapidly. This can be done because the can is sealed completely and there will be no loss of liquids.

9. As soon as Cooker is opened remove jars and finish sealing; that is, either put down clamp on glass jars, or completely screw down top of screw top jars. Invert to cool and test for leakage. Vacuum seal jars should not be inverted. Wipe tin cans dry.

If jars leak due to defective top or rubber, put on new hot top and rubber, again partially seal, and put jars on rack in Cooker, with boiling water up to rack, and steam for 15 minutes on rack in Cooker, without pressure.

10. Storing. Glass jars should be labeled, wrapped in paper to keep out light and prevent bleaching or fading, and stored. Tin cans should be labeled and stored. Store in cool, dry place.

Time-Table for U. S. Cold Pack Canning For Scalding or Blanching and Sterilizing

With the Pressure Cooker

PRODUCT

FRUITS WITH SYRUP—	Scald or Blanch	5 Pounds Pressure	10 Pounds Pressure
Apples	1½ min.	8 min.	6 min.
Apricots	1-2 "	10 "	5 "
Blackberries		10 "	5 "
Blueberries		10 "	5 "
Cherries		10 "	5 "
Cranberries		10 "	5 "
Citrus Fruits (Oranges).....	1-2 "	6 "	4 "
Currants		10 "	5 "
Dewberries		10 "	5 "
Figs	3 "	10 "	5 "
Gooseberries		10 "	5 "
Grapes		10 "	5 "
Huckleberries		10 "	5 "
Peaches	1-2 "	10 "	5 "
Pears	1½ "	8 "	6 "
Pineapple	10 "	25 "	18 "
Plums		10 "	5 "
Quinces	1½ "	8 "	6 "
Raspberries		10 "	5 "
Rhubarb	1-2 "	10 "	5 "
Strawberries		10 "	5 "

FRUITS WITHOUT SYRUP—

All kinds of fruit.....	12 "	10 "
Fruit juices	8 "	5 "
Apple Syrup	8 "	5 "
Apple Cider		4 "

VEGETABLES—

Asparagus	2- 4 "	60 "	40 "
Beans (lima or string).....	5-10 "	60 "	40 "
Beans (wax)	5-10 "	60 "	40 "
Beets	5 "	60 "	40 "
Brussels Sprouts	5-10 "	60 "	40 "
Cabbage	5-10 "	60 "	40 "
Carrots	5 "	60 "	40 "
Cauliflower	3 "	36 "	20 "
Corn (on cob or cut off).....	5 "	90 "	60 "
Corn (field)	10 "	60 "	50 "
Greens (all kinds)	15 "	60 "	40 "
Hominy	3 "	60 "	40 "
Okra	5-10 "	60 "	40 "
Parsnips	5 "	60 "	40 "

Peas	5-10	"	60	"	40	"
Peppers (green or ripe).....	5-10	"	60	"	40	"
Peppers (sweet)	5	"	60	"	40	"
Potatoes (sweet)	5	"	60	"	40	"
Pumpkin	5	"	40	"	35	"
Salsify	5	"	60	"	40	"
Sauerkraut	3	"	60	"	40	"
Squash	3	"	60	"	40	"
Tomatoes	1- 3	"	15	"	10	"
Turnips	5	"	60	"	40	"
Vegetable Combinations	5-10	"	60	"	45	"

MEATS (Prepared)—

Spring Chicken (fried).....	40	"	30	"
Fried Meats	40	"	30	"
Baked Meats	40	"	30	"
Stewed Meats	40	"	30	"
Roast Meats	40	"	30	"
Rabbit	40	"	30	"

MEATS (uncooked)—

Poultry	120	"	60	"
Beef	120	"	60	"
Corn Beef	120	"	60	"
Pork	120	"	60	"
Fish	5	"	120	"
Shell-fish	5	"	120	"

SOUPS—

Cream of tomato soup.....	18	"	10	"
All other soup combinations and soup stock.....	60	"	45	"

During the sterilization period, use 5 lbs. pressure for fruits and 15 lbs. pressure for vegetables and meats.

THIN SYRUP—1 cup sugar to 2 cups of water. To be used for peaches, pears, apples, and fruits that are not delicate in texture and color.

MEDIUM SYRUP—1 cup sugar to 1 cup water. To be used for blackberries, currants, blueberries, black raspberries, cherries, plums, etc.

MEDIUM-THICK SYRUP—3 cups sugar to 2 cups water. Use for delicately colored fruits such as strawberries and red raspberries and for sour fruits, such as gooseberries, cranberries, apricots.

METHOD OF MAKING SYRUP—Stir sugar into the boiling or hot water and let boil only until thoroughly dissolved.

“NATIONAL” Cookers

5 Sizes

For Homes, Schools, Hotels
Restaurants, Hospitals
Diet Kitchens, Commissaries

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